NDB No. 19146 Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits

Masterfoods USA

		<u>An</u>	ount in 10	0 grams	of edib	ole porti	<u>on</u>	Amount in e	edible portion	of common
				Number					easures of fo	
						Source	Confidence	_		_
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Drovimotos										
Proximates: Water	g	1.5	0	0	BFZN	4		0.21		
Energy		502		1	MC	9		70		
Energy		2102		0	MC	9		294		
Protein		4.7	8	1	MC	9		0.67		
Total lipid (fat)		23.3	6	1	MC	9		3.27		
Ash		1.7	8	0	BFZN	4		0.25		
Carbohydrate, by difference		68.4	.0	1	MC	9		9.58		
Fiber, total dietary		2.7		1	MC	9		0.4		
Sugars, total		62.5	4	1	MC	9		8.76		
Starch										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	116	_	1	MC	9		16		
Iron, Fe		1.2	:3	1	MC	9		0.17		
Magnesium, Mg										
Phosphorus, P										
Potassium, K				-		•		•		
Sodium, Na		68		1	MC	9		9		
Zinc, Zn										
Copper, Cu										
Selenium, Se										
Selemum, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.6		1	MC	9		0.1		
Thiamin	mg									
Riboflavin	_									
Niacin	_									
Pantothenic acid	_									
Vitamin B-6	_									
Folate, total										
Folic acid										
Folate, food										
Folate, DFE										
Choline, total										
Betaine	_									
Vitamin B-12 Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU	1. 7	224		1	MC	9		31		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)	1. 7									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	14.4	:66	1	MC	9		2.025		
J,										

	<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg									
Fatty acids, total polyunsaturatedg		•	_						
Fatty acids, total transg Cholesterolmg	0.1 15	84	1	MC MC	9 9		0.026 2		
Phytosterolsmg			_		-		-		
Others:									
Alcohol, ethylg									
Caffeinemg Theobrominemg									

Common Measures:

Measure 1 = 14.0g: 1 serving 0.5 oz, about 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19139
Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits

		AII	ount in 10	u gram s	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence				
Nutrients and Ur	:40	Mean	Std. Error				Code	Magazza 1	Magazira 2	Magaura	
Nutrients and Or	iits	Wean	Sta. Error	TOINTS	Oouc	Oout	Oode	Measure 1	Measure 2	Measure	
Proximates:											
Water		1.2	7	0	MC	9		0.18	4.32		
Energy	kcal	517		1	MC	9		72	1757		
Energy	kJ	2163		0	MC	9		303	7353		
Protein		4.4	4	1	MC	9		0.62	15.08		
Total lipid (fat)	g	26.1	5	1	MC	9		3.66	88.92		
Ash	g	2.0	7	0	MC	9		0.29	7.04		
Carbohydrate, by difference	g	65.9	6	1	MC	9		9.23	224.26		
Fiber, total dietary		6.7		1	MC	9		0.9	22.7		
Sugars, total		53.0	7	1	MC	9		7.43	180.42		
Starch											
<u>Minerals:</u>	ma	2.4			wa	0		-	115		
Calcium, Ca	-	34 2.9	1	1 1	MC MC	9 9		5 0.41	115 9.91		
Iron, Fe	-	2.9	_	1	MC	9		0.41	3.31		
Phosphorus, P											
Potassium, K Sodium, Na		2		1	MC	9		0	7		
Zinc, Zn	-	2		1	МС	9		U	,		
Copper, Cu	-										
Manganese, Mn											
Selemun, Se	µ9										
itamins:											
Vitamin C, total ascorbic acid		0.0		1	MC	9		0.0	0.0		
Thiamin	-										
Riboflavin	-										
Niacin	-										
Pantothenic acid	-										
Vitamin B-6											
Folate, total											
Folic acid											
Folate, food											
Folate, DFE											
Choline, total	•										
Betaine											
Vitamin B-12											
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta		74		1	MC	9		10	251		
Vitamin A, IU		74			МС	,		10	251		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, alpha											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D	1. 7										
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
ipids:											

	Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food			
Nutrients and Units	Mean St	of	f Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	0.042 3		1 1	MC MC	9 9		0.006 0	0.143 10			
Others: Alcohol, ethylg Caffeinemg Theobrominemg											

Common Measures:

Measure 1 = 14.0g: 1 serving 0.5 oz, about 1 tbsp Measure 2 = 340g: 1 package (net weight, 12 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount ii	n 100 g	rams	ot edil	ole porti	<u>on</u>	Amount in e	dible portion	of common
				Nu	mber					easures of fo	
							Source	Confidence	_		-
Nutrionto and Ilui		Mean	C44 E			Code		Code	Manaura 1	Magaura 2	Magaura
Nutrients and Uni	its	wean	5ta. E	rror	Jiiits	Coue	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:											
Water	g	1.5	9		2	A	1		0.32		
Energy	kcal	426			0	NC	4		85		
Energy	kJ	1782			0		4		356		
Protein (N x 6.25)	g	3.6	4		2	A	1		0.73		
Total lipid (fat)	g	15.5	9		2	A	1		3.12		
Ash	g	1.3	4		2	A	1		0.27		
Carbohydrate, by difference	g	77.4	1		0	NC	4		15.48		
Fiber, total dietary	g	4.0		0.152	4	AI	13		0.8		
Sugars, total	g	69.4	0		0	FLA	4		13.88		
Starch	g										
Minerals:											
Calcium. Ca	ma	34			2	A	1		7		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.1	R		2	A A	1		0.44		
Magnesium, Mg		95	-		2	A	1		19		
Phosphorus, P		142			2	A	1		28		
Potassium, K		397			2	A	1		79		
Sodium, Na	-	3			2	A	1		1		
Zinc, Zn	-	1.2	б		2	A	1		0.25		
Copper, Cu	mg	0.6	70		2	A	1		0.134		
Manganese, Mn	mg	0.4	49		2	A	1		0.090		
Selenium, Se	µg	1.8			0	FLA	4		0.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1			2	A	1		0.0		
Thiamin	-	0.0	57		2	A	1		0.011		
Riboflavin	-	0.1			2	A	1		0.021		
Niacin	-	1.8			2	A	1		0.366		
Pantothenic acid	-	0.1			2	A	1		0.036		
Vitamin B-6	-	0.0			2	A	1		0.007		
Folate, total	-	5			0	FLA	4		1		
Folic acid		0			0	FLA	4		0		
Folate, food	µg	5			0	FLA	4		1		
Folate, DFE		5			0	NC	4		1		
Choline, total	mg	45.6			0	0	4		9.1		
Betaine	mg										
Vitamin B-12	µg	0.0	0		0	Z	7		0.00		
Vitamin B-12, added	µg	0.0	0		0	Z	7		0.00		
Vitamin A, RAE	µg	0			0	FLA	4		0		
Retinol	µg	0			0	FLA	4		0		
Carotene, beta		0			0	FLA	4		0		
Carotene, alpha		0			0	FLA	4		0		
Cryptoxanthin, beta		0			0	FLA	4		0		
Vitamin A, IU		0			0	FLA	4		0		
Lycopene		0			0	FLA	4		0		
Lutein + zeaxanthin		7	_		0	FLA	4		1		
Vitamin E (alpha-tocopherol)		0.3			0	FLA Z	4 7		0.07 0.00		
Vitamin E, added		0.00	U		U	Z	,		0.00		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Tocoprierol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0			0	z	7		0.0		
Vitamin D		0			0	z	7		0		
Vitamin K (phylloquinone)		2.2			0	FLA	4		0.4		
Dihydrophylloquinone											
Menaquinone-4											

	Amo	unt in 100	grams Jumber		<u>n</u>	Amount in edible portion of common measures of food			
		-			_				
Nutrients and Units	Mean S	td. Error				Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>			_		_				
Fatty acids, total saturated	8.606		2	A	1		1.721		
4:0g	0.000		2	A	1		0.000		
6:0g	0.000		2	A	1		0.000		
8:0g	0.000		2	A	1		0.000		
10:0g	0.000		2	A	1		0.000		
12:0g	0.000		2	A	1		0.000		
13:0g	0.010		•	_	-				
14:0g	0.010		2	A	1		0.002		
15:0g	3.628		2	A	1		0. 006		
16:0g	3.020		2	А	1		0.726		
17:0g	4.705		2	A	1		0.941		
18:0g 20:0g	4.705		2	A	_		0.941		
20:0g 22:0g									
24:0									
Fatty acids, total monounsaturatedg	5.044		2	A	1		1.009		
14:1g	3,7,7,7		_		_		1.005		
15:1g									
16:1 undifferentiated	0.037		2	A	1		0.007		
17:1g	******		_		_		••••		
18:1 undifferentiatedg	5.007		2	A	1		1.001		
20:1g	0.000		2	A	1		0.000		
22:1 undifferentiatedg	0.000		2	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.162		2	A	1		0.232		
18:2 undifferentiatedg	0.942		2	A	1		0.188		
18:3 undifferentiatedg	0.072		2	A	1		0.014		
18:4g	0.000		2	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.148		2	A	1		0.030		
20:5 n-3 (EPA)g	0.000		2	A	1		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)g	0.000		2	A	1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		2	A	1		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeinemg	14		0	FLA	4		3		
Theobrominemg	231		0	FLA	4		46		

Common Measures:

Measure 1 = 20g: 1 tablet

Calories Factors: Protein 2 Fat 8.4 Carbohydrate 3.7

Food Group: 19 Sweets

Refuse:0%

Lipids:

		Am	ount in 10	<u>u gram s</u>	oredi	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	<u>od</u>
						Source (Confidence			
Nutrients and Un	:40	Maan	Std. Error			Code	Code	Manaura 1	Measure 2	Measure 3
Nutrients and on	its	Mean	Sta. Error	Tomics	Oout	Oode	oouc	Measure 1	weasure 2	weasure .
Proximates:										
Water	g	0.9	0	1		1		0.26		
Energy	-	472		0		4		134		
Energy		1975		0		4		560		
Protein (N x 5.63)		12.1	0	1		1		3.43		
Total lipid (fat)	_	47.7	0	1		1		13.52		
Ash		3.1	0	1		1		0.88		
Carbohydrate, by difference		36.2	0	0	NC	4		10.26		
Fiber, total dietary		18.1		0	FLA	4		5.1		
Sugars, total		0.0	0	0	LC	8		0.00		
Starch										
Minerals:										
Calcium, Ca	ma	54		1		1		15		
Iron, Fe	_	4.1	5	1		1		1.18		
Magnesium, Mg		265		1		1		75		
Phosphorus, P		340		1		1		96		
Potassium, K		1166		1		1		331		
Sodium, Na	<u>mg</u>	12		1		1		3		
Zinc, Zn	mg	3.6	8	1		1		1.04		
Copper, Cu	mg	1.9	10	1		1		0.541		
Manganese, Mn	mg	1.6	50	1		1		0.468		
Selenium, Se	µg	7.9		0	FLA	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	FLA	4		0.0		
Thiamin	_	0.0	50	1		1		0.014		
Riboflavin	_	0.2	79	0	FLA	4		0.079		
Niacin	mg	2.1	00	1		1		0.595		
Pantothenic acid	mg	0.1	54	0	FLA	4		0.044		
Vitamin B-6	mg	0.0	72	0	FLA	4		0.020		
Folate, total	µg	19		0	FLA	4		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	19		0	FLA	4		5		
Folate, DFE	µg	19		0	NC	4		5		
Choline, total	mg									
Betaine	_									
Vitamin B-12	µg	0.0	0	0	FLA	4		0.00		
Vitamin A, RAE		1		0	NC	4		0		
Retinol		0		0	Z	7		0		
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta								•		
Vitamin A, IU		12		0	FLA	4		3		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am c</u>	ount in 100	grams	of edib	ole porti	<u>on</u>		dible portion o	
			Number				<u>m</u> (easures of foo	<u>d</u>
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated		0	0		1		7.170		
6:0	=	0	1		1		0.037		
8:0	-	0	1		1		0.451		
10:0			1		1		0.360		
12:0		0	1		1		2.679		
13:0 14:0		0	1		1		1.029		
15:0	=	-	_		_				
16:0	g 6.06	0	1		1		1.718		
17:0	=	_	_						
18:0 20:0	=	0	1		1		0.896		
22:0	•								
24:0	-								
Fatty acids, total monounsaturated		0	0		1		2.617		
14:1	•								
15:1 undifferentiated	g 0.05	0	1		1		0.014		
17:1		0	1		1		2.603		
20:1									
22:1 undifferentiated	-								
24:1 cFatty acids, total polyunsaturated		n	0		1		3.033		
18:2 undifferentiated			1		1		2.863		
18:3 undifferentiated			1		1		0.170		
18:4	g								
20:2 n-6 c,c	=								
20:3 undifferentiated	=								
20:4 undifferentiated 20:5 n-3 (EPA)	=								
21:5	-								
22:4	g								
22:5 n-3 (DPA)	•								
22:6 n-3 (DHA)									
Cholesterol	=		0	FLA	4		0		
Phytosterols	•								
Amino Acids:									
Tryptophan	g 0.18	2	0		1		0.052		
Threonine	-		0		1		0.136		
Isoleucine			0		1		0.134		
Leucine			0		1 1		0.209 0.173		
Lysine Methionine	0		0		1		0.173		
Cystine	•		0		1		0.042		
Phenylalanine		4	0		1		0.166		
Tyrosine	=		0		1		0.129		
Valine			0		1		0.207		
Arginine Histidine			0		1 1		0.195 0.060		
Alanine	•		0		1		0.159		
Aspartic acid	•		0		1		0.343		
Glutamic acid		В	0		1		0.518		
Glycine			0		1		0.155		
Proline			0		1		0.147		
Serine Hydroxyproline		5	0		1		0.149		
Others:	A								
Alcohol, ethyl	g								
Caffeine	=		0	FLA	4		13		
Theobromine	mg 1597		0	FLA	4		453		

NDB No. 19077 Baking chocolate, unsweetened, liquid

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 1.83 Fat 8.4 Carbohydrate 1.33

Food Group: 19 Sweets

		<u>Am our</u>	<u>it in 100 gr</u>	am s	of edi	ble portior	<u>1</u>	Amount in e	dible portion	of common
			Nun	nber	•				easures of foo	
						Source C	onfidence			
Nutrients and U	Inits	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
_										
Proximates: Water	g	1.34	0.092	3	A	1		0.39	1.77	0.19
Energy		642		0	NC	4		186	847	91
Energy		2685		0	NC	4		779	3544	381
Protein		14.32	0.180	3	A	1		4.15	18.90	2.03
Adjusted Protein		12.90	0.162	3	NC	4		3.74	17.03	1.83
Total lipid (fat)		52.31	0.337	3	A	1		15.17	69.05	7.43
Ash		3.60	0.146	3	A	1		1.04	4.76	0.51
Carbohydrate, by difference		28.42	0.140	0	NC	4		8.24	37.52	4.04
•		16.6	0.242	3		1		4.8		2.4
Fiber, total dietary				3	A	1		0.26	21.9	0.13
Sugars, total		0.91	0.177		A				1.21	
Sucrose		0.91	0.177	3	A	1		0.26	1.21	0.13
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose		0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose		0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca	mg	101	7.206	3	A	1		29	134	14
Iron, Fe	mg	17.40	2.854	3	A	1		5.05	22.97	2.47
Magnesium, Mg	mg	327	7.767	3	A	1		95	432	46
Phosphorus, P	mg	400	25.115	3	A	1		116	528	57
Potassium, K	mg	830	41.914	3	A	1		241	1096	118
Sodium, Na	<u>mg</u>	24	2.671	3	A	1		7	31	3
Zinc, Zn	mg	9.63	1.011	3	A	1		2.79	12.72	1.37
Copper, Cu	mg	3.233	0.088	3	A	1		0.938	4.268	0.45
Manganese, Mn	mg	4.167	0.186	3	A	1		1.208	5.500	0.59
Selenium, Se	µg	8.1		2	A	1		2.4	10.7	1.2
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	0.0
Thiamin	-	0.147		2	A	1		0.043	0.194	0.02
Riboflavin	_	0.100		2	A	1		0.029	0.132	0.01
Niacin	• • • • • • • • • • • • • • • • • • • •	1.355		2	A	1		0.393	1.789	0.19
Pantothenic acid		0.168		2	A	1		0.049	0.222	0.02
Vitamin B-6	-	0.027		2	A	1		0.008	0.036	0.00
Folate, total		28		2	A	1		8	37	4
Folic acid		0		0	z	7		0	0	0
		28		2	A	1		8	37	4
Folate, food		28		0	NC	4		8	37	4
Folate, DFE		45.7		1	A	1		13.2	60.3	6.5
Choline, total	_			1		1			3.4	
Betaine	_	2.6			A			0.7		0.4
Vitamin B-12		0.00		1	NC	4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Carotene, beta		0		2	A	1		0	0	0
Carotene, alpha		0		2	A	1		0	0	0
Cryptoxanthin, beta		0		2	A	1		0	0	0
Vitamin A, IU		0		0	AS	1		0	0	0
Lycopene	µg	0		2	A	1		0	0	0
Lutein + zeaxanthin	µg	38		0	NR	4		11	51	5
Vitamin E (alpha-tocopherol)	mg	0.40		1	A	1		0.12	0.53	0.06
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma		5.83		1	A	1		1.69	7.70	0.83
Tocopherol, delta		0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha		0.00		1	A	1		0.00	0.00	0.00

	<u>Am</u>	ount in 10			ble porti	<u>on</u>		dible portion of	
			Num be		Source	Confidence	<u></u>	<u>casares or 100</u>	<u>u</u>
Nutrients and Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Tocotrienol, betamg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gammamg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta	0.00)	1	A Z	1 7		0.00 0.0	0.00 0.0	0.00 0.0
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	0.0		U	4	,		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)µg									
Vitamin DlU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)µg	9.7		2	A	1		2.8	12.8	1.4
Dihydrophylloquinoneµg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4µg									
<u>Lipids:</u>									
Fatty acids, total saturatedg	32.27		0	NC	4		9.360	42.605	4.583
4:0g 6:0g	0.00		000 3 000 3	A A	1 1		0.000 0.000	0.000 0.000	0.000
8:0g	0.00		000 3	A	1		0.000	0.000	0.000
10:0	0.00		000 3	A	1		0.000	0.000	0.000
12:0g	0.00		000 3	A	1		0.000	0.000	0.000
13:0g	0.00	00 0.	000 3	A	1		0.000	0.000	0.000
14:0g	0.03	33 0.	033 3	A	1		0.010	0.043	0.005
15:0g	0.00		000 3	A	1		0.000	0.000	0.000
16:0g	13.30		010 3	A	1		3.860	17.568	1.890
17:0g	0.10		001 3	A	1		0.029	0.132	0.014
18:0g	18.23		348 3 026 3	A	1 1		5.287	24.066	2.589
20:0g 22:0g	0.55		026 3 029 3	A A	1		0.160 0.015	0.730 0.066	0.078 0.007
24:0g	0.00		000 3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturatedg	16.06		0	NC	4		4.660	21.210	2.282
14:1g	0.00		000 3	A	1		0.000	0.000	0.000
15:1g	0.00	00 0.	000 3	A	1		0.000	0.000	0.000
16:1 undifferentiated	0.10	00 0.	001 3	A	1		0.029	0.132	0.014
17:1g	0.00		000 3	A	1		0.000	0.000	0.000
18:1 undifferentiated	15.96		0	AS	1		4.631	21.079	2.268
18:1 cg	15.96		039 3 000 3	A A	1 1		4.631 0.000	21.079 0.000	2.268 0.000
18:1 tg 18:1-11 t (18:1t n-7)g	0.00	0.	000 3	A	_		0.000	0.000	0.000
20:1	0.00	00 0.	000 3	A	1		0.000	0.000	0.000
22:1 undifferentiatedg	0.00		000 3	A	1		0.000	0.000	0.000
24:1 cg	0.00	00 0.	000 3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	1.55		0	NC	4		0.450	2.048	0.220
18:2 undifferentiatedg	1.43		008 3	A	1		0.416	1.894	0.204
18:3 undifferentiatedg	0.11		0	AS	1		0.034	0.154	0.017
18:3 n-3 c,c,c (ALA)g	0.11		016 3 000 3	A A	1 1		0.034	0.154 0.000	0.017 0.000
18:3 n-6 c,c,c	0.00		000 3	•	_		0.000	0.000	0.000
18:4g	0.00	00	0	NR	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.00		000 3	A	1		0.000	0.000	0.000
20:3 undifferentiatedg	0.00	00 0.	000 3	A	1		0.000	0.000	0.000
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.00	00 0.	000 3	A	1		0.000	0.000	0.000
20:4 n-6g 20:5 n-3 (EPA)g	0.00	0	000 3	A	1		0.000	0.000	0.000
20.5 li-5 (EFA)	0.00		000 5	A	-		0.000	0.000	0.000
22:4g									
22:5 n-3 (DPA)g	0.00	00	0	NR	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00		000 3	A	1		0.000	0.000	0.000
Fatty acids, total transg	0.00		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic9	0.00	00	0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoicg	2		2	A	1		-	2	0
Cholesterolmg Phytosterolsmg	2		4	А	_		1	2	U
Stigmasterolmg	38		2	A	1		11	50	5
Campesterolmg	13		2	A	1		4	18	2

		<u>Am ou</u>	unt in 100	grams	of edi	ble portior	<u>1</u>		dible portion	
			N	umber				<u>m</u>	easures of foo	<u>od</u>
			c	of Data	Deriv	Source C	onfidence			
Nutrients and	Units	Mean S	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Beta-sitosterol	ma	85		2	A	1		25	112	12
Beta-sitosterol	9	05		-		-		23		
Amino Acids:										
Tryptophan	g	0.130		2	A	1		0.038	0.172	0.018
Threonine	g	0.370		2	A	1		0.107	0.488	0.053
Isoleucine	g	0.410		2	A	1		0.119	0.541	0.058
Leucine	g	0.695		2	A	1		0.202	0.917	0.099
Lysine	g	0.470		2	A	1		0.136	0.620	0.067
Methionine	g	0.140		2	A	1		0.041	0.185	0.020
Cystine	g	0.225		2	A	1		0.065	0.297	0.032
Phenylalanine	g	0.525		2	A	1		0.152	0.693	0.075
Tyrosine	g	0.425		2	A	1		0.123	0.561	0.060
Valine	g	0.655		2	A	1		0.190	0.865	0.093
Arginine	g	0.815		2	A	1		0.236	1.076	0.116
Histidine	g	0.215		2	A	1		0.062	0.284	0.031
Alanine	g	0.475		2	A	1		0.138	0.627	0.067
Aspartic acid	g	1.270		2	A	1		0.368	1.676	0.180
Glutamic acid	g	1.870		2	A	1		0.542	2.468	0.266
Glycine	g	0.505		2	A	1		0.146	0.667	0.072
Proline	g	0.880		2	A	1		0.255	1.162	0.125
Serine	g	0.530		2	A	1		0.154	0.700	0.075
Hydroxyproline	g	0.000		2	A	1		0.000	0.000	0.000
Others:										
Alcohol, ethyl	_	0.0		0		7		0.0	0.0	0.0
Caffeine		80	0.00		A	1		23	106	11
Theobromine	mg	1297	34.80	1 3	A	1		376	1712	184

Common Measures:

Measure 1 = 29g: 1 oz square Bakers Measure 2 = 132g: 1 cup, grated Measure 3 = 14.2g: .5 oz Hersheys

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>An</u>	ount in 10	0 grams	of edi	ble portion	<u>.</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source Co	onfidence			
Nutrients and Un	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.3	0	1	MC	9		1.29	0.37	
Energy	kcal	482		1	MC	9		270	77	
Energy	kJ	2017		0	MC	9		1130	323	
Protein	g	8.7	8	1	MC	9		4.92	1.40	
Total lipid (fat)	g	23.9	8	1	MC	9		13.43	3.84	
Ash		1.9	1	1	MC	9		1.07	0.31	
Carbohydrate, by difference	g	62.6	8	1	MC	9		35.10	10.03	
Fiber, total dietary		3.1		1	MC	9		1.7	0.5	
Sugars, total		47.1	9	1	MC	9		26.43	7.55	
Starch										
Minerals:										
Calcium, Ca	-	73		1	MC	9		41	12	
Iron, Fe	-	1.2	0	1	MC	9		0.67	0.19	
Magnesium, Mg	-	62		1	MC	9		35	10	
Phosphorus, P		141		1	MC	9		79	23	
Potassium, K	-	347		1	MC	9		195	56	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	225	•	1	MC	9		126	36	
Zinc, Zn		1.1		1	MC	9 9		0.63	0.18	
Copper, Cu		0.2		1 1	MC MC	9		0.118 0.028	0.034 0.008	
Manganese, Mn		0.6		1	MC	9		0.028	0.008	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		1	MC	9		0.2	0.1	
Thiamin	mg	0.1	40	1	MC	9		0.078	0.022	
Riboflavin	mg	0.0	90	1	MC	9		0.050	0.014	
Niacin	mg	3.9	00	1	MC	9		2.184	0.624	
Pantothenic acid	-	0.5		1	MC	9		0.302	0.086	
Vitamin B-6	-	0.1	.10	1	MC	9		0.062	0.018	
Folate, total		36		0	FLM	4		20	6	
Folic acid		0		0	FLM	4		0	0	
Folate, food		36		0	FLM	4		20	6	
Folate, DFE		36		0	NC	4		20	6	
Choline, total	-	14.9		0	0	4		8.3	2.4	
Betaine		0.1	•	•				0.10	0.00	
Vitamin B-12		0.1		0	FLM Z	4 7		0.10 0.00	0.03	
Vitamin B-12, added		14	U	0	FLM	4		8	0.00 2	
Vitamin A, RAE		14		0	FLM	4		8	2	
Retinol Carotene, beta		1		0	FLM	4		0	0	
Carotene, alpha		0		0	FLM	4		0	0	
Cryptoxanthin, beta		0		0	FLM	4		0	0	
Vitamin A, IU		51		0	FLM	4		28	8	
Lycopene		0		0	FLM	4		0	0	
Lutein + zeaxanthin		0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)		2.7	0	0	FLM	4		1.51	0.43	
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone) Dihydrophylloquinone		2.7		0	FLM	4		1.5	0.4	

	<u>An</u>	ount in 10		Amount in edible portion of common measures of food					
			Number				<u></u>	easures or roc	<u>, u</u>
Nutrients and Units	Mean	Std. Error				confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturated	6.6	50	1	MC	9		3.724	1.064	
4:0g	0.1	.28	0	FLM	4		0.072	0.020	
6:0g	0.0	45	0	FLM	4		0.025	0.007	
8:0g	0.0	28	0	FLM	4		0.015	0.004	
10:0g	0.0	53	0	FLM	4		0.030	0.009	
12:0g	0.0	58	0	FLM	4		0.033	0.009	
13:0g	0.0	00	0	FLM	4		0.000	0.000	
14:0g	0.2		0	FLM	4		0.119	0.034	
15:0g	0.0	16	0	FLM	4		0.009	0.003	
16:0g	3.5	32	0	FLM	4		1.978	0.565	
17:0g	0.0	15	0	FLM	4		0.008	0.002	
18:0g	1.9		0	FLM	4		1.106	0.316	
20:0g	0.0		0	FLM	4		0.022	0.006	
22:0g	0.0		0	FLM	4		0.002	0.001	
24:0g	0.0		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturatedg	10.6		1	MC	9		5.936	1.696	
14:1	0.0		0	FLM	4		0.008	0.002	
15:1g	0.0		0	FLM	4		0.000	0.002	
16:1 undifferentiatedg	0.0		0	FLM	4		0.030	0.009	
_	0.0		0	FLM	4		0.030	0.009	
17:1g	8.3		0	FLM	4		4.679	1.337	
18:1 undifferentiatedg	0.1		0	FLM	4				
20:1g	0.1		0		4		0.081	0.023	
22:1 undifferentiatedg			0	FLM				0.000	
24:1 cg	0.0		-	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated	3.3		0	FLM	4		1.898	0.542	
18:2 undifferentiated9	3.3		0	FLM	4		1.851	0.529	
18:3 undifferentiatedg	0.0		0	FLM	4		0.047	0.014	
18:4g	0.0		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg	0.0		0	FLM	4		0.000	0.000	
20:3 undifferentiated	0.0		0	FLM	4		0.000	0.000	
20:4 undifferentiatedg	0.0		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0	FLM	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	6		1	MC	9		3	1	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	1	1	MC	9		0.0	0.0	
Caffeinemg	5		0	FLM	4		3	1	
Theobrominemg	79		0	FLM	4		44	13	

Common Measures:

Measure 1 = 56g: 1 bar 2 oz

Measure 2 = 16g: 1 bar snack size

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
				Num ber					easures of fo	
						Source C	Confidence			
Nutrients and U	Jnits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.2	0	1	MC	9		4.02	1.56	
Energy	kcal	479		1	MC	9		235	91	
Energy		2003		0	MC	9		981	380	
Protein		4.1		1	MC	9		2.02	0.78	
Total lipid (fat)		26.9		1	MC	9		13.20	5.12	
Ash		1.2		1	MC	9		0.60	0.23	
Carbohydrate, by difference		59.5	1	0	NC	4		29.16	11.31	
Fiber, total dietary		5.0		1	MC	9		2.5	1.0	
Sugars, total		48.3	4	1	MC	9		23.69	9.18	
Starch	g									
Minerals:										
Calcium, Ca	mg	64		1	MC	9		31	12	
Iron, Fe		1.2	7	1	MC	9		0.62	0.24	
Magnesium, Mg	_									
Phosphorus, P		112		1	MC	9		55	21	
Potassium, K		254		1	MC	9		124	48	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	142		1	MC	9		70	27	
Zinc, Zn Copper, Cu	_									
Manganese, Mn	_									
Selenium, Se	_									
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.7		1	MC	9		0.3	0.1	
Thiamin	_									
Riboflavin	_									
Niacin Pantothenic acid	_									
Vitamin B-6	_									
Folate, total	_									
Folate, DFE										
Choline, total										
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU		42		1	MC	9		21	8	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	17.5	90	1	MC	9		8.619	3.342	
Fatty acids, total monounsaturate		5.2	60	1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated		1.1	80	1	MC	9		0.578	0.224	
Fatty acids, total trans										
Cholesterol		4		1	MC	9		2	1	
Phytosterols	mg									

NDB No. 19065

Candies, ALMOND JOY Candy Bar

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units M

Mean Std. Error Points Code Code

ode Code

e Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 package 1.76 oz Measure 2 = 19g: 1 bar snack size

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
				Number				m	easures of fo	od_	
						Source C	onfidence				
Nutrients and U	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	6.79	,	1	мс	9		2.38	3.06	2.92	
Water		462	•	1	MC	9		162	208	199	
		1932		0	MC	9		676	208 869	831	
Energy				1	MC	9		2.17		2.66	
Protein	=	6.19 21.19		1	MC	9		7.42	2.79		
Total lipid (fat)	=	1.46		1	MC	9		0.51	9.54	9.11 0.63	
Ash	=	63.81		1		9		22.33	0.66	27.44	
Carbohydrate, by difference		1.2	L	1	MC MC	9		0.4	28.71	0.5	
Fiber, total dietary						9			0.5		
Sugars, total		56.92	2	1	MC	9		19.92	25.61	24.48	
Starch	9										
Minerals: Calcium. Ca	ma	213		1	MC	9		74	96	92	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.09	9	1	MC	9		0.38	0.49	0.47	
Magnesium, Mg	-	1.03	•	-	FIC	,		0.50	0.47	0.47	
Phosphorus, P		150		1	MC	9		53	68	65	
Potassium, K		341		1	MC	9		119	154	147	
Sodium, Na		122		1	MC	9		43	55	52	
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.7		1	MC	9		0.6	0.8	0.7	
Thiamin		1.7		_	мс	,		0.0	0.0	0.7	
Riboflavin	-										
Niacin											
Pantothenic acid											
Vitamin B-6	-										
Folate, total											
Folate, DFE											
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg										
Vitamin A, RAE											
Vitamin A, IU	JU	303		1	MC	9		106	136	130	
Lycopene	µg										
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma Tocotrienol, delta											
Vitamin D (D2 + D3)	-										
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
•											
<u>Lipids:</u>	~		20	_		•		=-			
Fatty acids, total saturated		12.72		1	MC	9		4.452	5.724	5.47	
Fatty acids, total monounsaturated		5.29		1	MC	9		1.852	2.381	2.27	
Fatty acids, total polyunsaturated		0.63	50	1	MC	9		0.221	0.284	0.27	
Fatty acids, total trans Cholesterol		27		1	MC	9		9	12	11	
		21			MC	9		9	12	11	

NDB No. 19075

Candies, CARAMELLO Candy Bar

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 bar 1.25 ozMeasure 2 = 45g: 1 bar 1.6 ozMeasure 3 = 43g: 6 blocks

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

	Am	ount in 100	grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
		N	Num ber					easures of fo		
					Source (Confidence				
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:	•	_	_							
Waterg	0.8	ь	1	MC	9		0.34			
Energy kca			1	MC	9		207			
EnergykJ	2217		0	MC	9		864			
Protein (N x 6.25)g	3.9		1	MC	9		1.54			
Total lipid (fat)g	30.3	В	1	MC	9		11.85			
Ashg	1.1	б	1	MC	9		0.45			
Carbohydrate, by difference	63.3	9	1	MC	9		24.72			
Fiber, total dietaryg	2.0		1	MC	9		0.8			
Sugars, total	60.0	2	1	MC	9		23.41			
Starchg										
_										
Minerals:										
Calcium, Camg	86		1	MC	9		34			
Iron, Femg	0.7	В	1	MC	9		0.30			
Magnesium, Mgmg	6		1	MC	9		2			
Phosphorus, Pmg	71		1	MC	9		28			
Potassium, Kmg	210		1	MC	9		82			
Sodium, Namg	245		1	MC	9		96			
Zinc, Znmg	0.1	1	1	MC	9		0.04			
Copper, Cumg	0.0	30	1	MC	9		0.012			
Manganese, Mnmg	0.0	00	1	MC	9		0.000			
Selenium, Seµg	0.0		1	MC	9		0.0			
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acidmg	0.8		1	MC	9		0.3			
Thiaminmg	0.0	20	1	MC	9		0.008			
Riboflavinmg	0.1	10	1	MC	9		0.043			
Niacinmg	0.0	90	1	MC	9		0.035			
Pantothenic acidmg	0.0	10	1	MC	9		0.004			
Vitamin B-6mg	0.0	00	1	MC	9		0.000			
Folate, total	1		1	MC	9		1			
Folic acidµg										
Folate, foodµg										
Folate, DFEUg										
Choline, totalmg										
Betainemg										
Vitamin B-12µg										
Vitamin A, RAEµg										
Retinolµg										
Carotene, betaµg										
Carotene, alphaµg										
Cryptoxanthin, betaµg										
Vitamin A, IU	232		1	MC	9		91			
Lycopene	252		-	110	-		7 ±			
Lutein + zeaxanthin										
· -										
Vitamin E (alpha-tocopherol)mg										
Tocopherol, beta										
Tocopherol, gammamg										
Tocopherol, deltamg										
Tocotrienol, alphamg										
Tocotrienol, betamg										
Tocotrienol, gammamg										
Tocotrienol, deltamg										
Vitamin D (D2 + D3)										
Vitamin DIU										
Vitamin K (phylloquinone)µg										
Dihydrophylloquinoneµg										
Menaquinone-4µg										
Lipids:										
	15.0	20	-	3/7	•		c 000			
Fatty acids, total saturatedg	15.6	20	1	MC	9		6.092			

NDB No. 19243 Candies, HEATH BITES

	Amount in	-	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Err		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg	8.800 2.550	1 1	MC MC	9 9		3.432 0.995		
Fatty acids, total trans	19	1	MC	9		7		
Others: Alcohol, ethyl	0.0	1	MC MC	9 9		0.0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		<u> </u>	easures or roo	<u>5u</u>
							Confidence			
Nutrients and Unit	is	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.2	6	0	NR	4		0.52		
Energy	kcal	569		0	NC	4		233		
Energy	kJ	2383		0	NC	4		977		
Protein (N x 6.25)	g	11.9	7	1	MC	9		4.91		
Total lipid (fat)		37.1		1	MC	9		15.22		
Ash	-	2.7		0	NR	4		1.14		
Carbohydrate, by difference	g	46.8	5	0	NC	4		19.21		
Fiber, total dietary		4.4		1	MC	9		1.8		
Sugars, total	g	37.1	3	1	MC	9		15.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	203		1	MC	9		83		
Iron, Fe	-	2.5	0	1	MC	9		1.03		
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	<u>mg</u>	52		1	MC	9		21		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>m</u> g	0.0		1	MC	9		0.0		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid	-									
Vitamin B-6	-									
Folate, DEE										
Folate, DFE Choline, total										
Betaine	-									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		0		1	MC	9		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3) Vitamin D	1. 7									
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
Lipids: Fatty acids, total saturated	a	15.2	30	1	MC	9		6.244		
Fatty acids, total saturated Fatty acids, total monounsaturated	-	13.2.		_	PIC.	,		0.211		
Fatty acids, total polyunsaturated										
Fatty acids, total polyunsaturated										
Cholesterol		13		1	MC	9		5		
Phytosterols										

NDB No. 19084

Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 13 pieces

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Nutrients and Units			<u>Am</u>	ount in 10			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units							_		<u> </u>	easures or ro	<u>5u</u>
Proximates:								Confidence			
Water	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	Provimetes										
Energy		a	1.1	9	1	MC	9		0.46		
Exergy Sci S				-							
Protein (N A G.25)			2375		0	NC	4		926		
Total Ingold (an)				6							
Ash. 9 1.59 1 MC 9 0.62 Chrohydrate, by difference. 9 5.51.72 0 NC 4 20.17 Fiber, total dictary. 9 3.6 1 NC 9 1.4 Sugars, total . 9 444.59 1 MC 9 17.39 Starch. 9 Wineralk: Calcium, C. mg Mineralk: Mineralk: Mineralk: Calcium, C. mg Mineralk: Calcium, C. mg Mineralk: Mineralk: Mineralk: Mineralk: Calcium, C. mg Mineralk: Mineralk					1		9				
Carbolydrane by difference. 9	• ' '				1	MC	9				
Fine, total dietary			51.7	2	0	NC	4		20.17		
Sugars, cotal	• • •		3.6		1	MC	9				
Minerals:			44.5	9			9				
Minerals:	•										
Eulerium C.		9									
Iron, Pc.											
Марсанія м. Мр.	,	• • • • • • • • • • • • • • • • • • • •									
Phosphons P.				0							
Potessium K											
Sodium Na	•										
Zine, Zn.	,	_									
Copper, Cu	, , , , , , , , , , , , , , , , , , ,	_									
Manganese, Mn.	,	_									
Vitamins Vitamins Vitamin Cotal ascorbic acid											
Vitamins: Vitamin C, total ascorbic acid.	0 ,	_									
Vitamin C, total ascorbic acid	Seienium, Se	µg	3.4		1	МС	9		1.3		
Thiamin	<u>Vitamins:</u>										
Riboflavin	Vitamin C, total ascorbic acid	mg	1.8		1	MC	9		0.7		
Niacin	Thiamin	mg	0.0	70	1	MC	9		0.027		
Pantothenic acid.	Riboflavin	mg	0.3	80	1	MC	9		0.148		
Vitamin B-6	Niacin	mg				MC	9		0.242		
Folate, total		_									
Folic acid. P9 Folate, Food. P9 Choline, total. M9 Betaine. M9 Vitamin B-12. P9 Vitamin B-12. P9 Retinol. P9 Carotene, beta. P9 Carotene, beta. P9 Carotene, alpha. P9 Carotene, alpha. P9 Cryptosanthin, beta. P9 Vitamin A, IU. IJ. 177 1 MC 9 69 Utein + zeaxanthin. P9 Utein + zeaxanthin. P9 Vitamin E (alpha-tocopherol). M9 Tocopherol, beta. M9 Tocopherol, deha. M9 Tocopherol, deha. M9 Tocotrienol, alpha. M9 Tocotrienol, alpha. M9 Tocotrienol, alpha. M9 Tocotrienol, alpha. M9 Tocotrienol, clama. M9 Tocotrienol, clama. M9 Tocotrienol, clama. M9 Tocotrienol, delta. M9 Vitamin D IJU Vitamin D IJU Vitamin D IJU Vitamin C MPI Coulombook. P9 Dihydrophylloquinone. P9 Lipids:		_		70							
Folate, food			16		1	MC	9		6		
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU	_										
Lycopene			177		1	MC	9		69		
Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg Vitamin D (D2 + D3). µg Vitamin K (phylloquinone). µg Dihydrophylloquinone. µg Menaquinone-4. µg											
Vitamin E (alpha-tocopherol)	• •										
Tocopherol, beta											
Tocopherol, gamma											
Tocotrienol, alpha	-										
Tocotrienol, beta	Tocopherol, delta	mg									
Tocotrienol, gamma	Tocotrienol, alpha	mg									
Tocotrienol, delta											
Vitamin D (D2 + D3)	, 0	_									
Vitamin D	,	_									
Vitamin K (phylloquinone) µ9 Dihydrophylloquinone µ9 Menaquinone-4 µ9 Lipids:											
Dihydrophylloquinone											
Menaquinone-4µ9 <u>Lipids:</u>											
Lipids:											
	Menaquinone-4	µg									
	Lipids:										
		g	17.3	90	1	MC	9		6.782		

	Amount in	100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	14.380	1	MC	9		5.608		
Fatty acids, total polyunsaturated	2.420 0.150	1	MC MC	9 9		0.944		
Fatty acids, total trans	19	1	MC	9		0.059 7		
Others: Alcohol, ethyl	0.0	1	MC	9		0.0		

Common Measures:

Measure 1 = 39g: 17 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number				<u> </u>	easures or ro	<u>5u</u>
							Confidence			
Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.2	6	0	NR	4		0.98		
Energy		577		0	NC	4		450		
Energy		2414		0	MC	9		1883		
Protein		12.8	2	1	MC	9		10.00		
Total lipid (fat)	g	38.4	6	1	MC	9		30.00		
Ash	g	2.5	7	0	NR	4		2.00		
Carbohydrate, by difference	g	44.8	9	0	NC	4		35.01		
Fiber, total dietary		3.8		1	MC	9		3.0		
Sugars, total		38.4	6	1	MC	9		30.00		
Starch										
	0									
Minerals:										
Calcium, Ca		192	_	1	MC	9		150		
Iron, Fe		1.8	5	1	MC	9		1.44		
Magnesium, Mg										
Phosphorus, P										
Potassium, K		64		-	3/2	•		50		
Sodium, Na	-	64		1	MC	9		50		
Zinc, Zn										
Copper, Cu										
Manganese, Mn Selenium, Se										
Selemum, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin										
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total	-									
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU										
LycopeneLutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma	-									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	a	16.6	67	1	MC	9		13.000		
Fatty acids, total monounsaturated		10.0	~ .	-	IIC	,		13.000		
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		13		1	MC	9		10		
Phytosterols				_		-				

NDB No. 19130

Candies, HERSHEY'S POT OF GOLD Almond Bar

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 1 bar 2.8 oz

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 gr	aiiiS 0	ı edib	ne portio	<u>'11</u>	Amount in edible portion of common			
			Nun	ber				m	easures of fo	od_	
					eriv	Source (Confidence				
Nutrionto and Ur		Maan St	d. Error Po				Code	Magaura 1	Magaura 2	Massura	
Nutrients and Ur	iits	Mean St	a. Error 10	iiits C	oue	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	а	1.57		1	MC	9		0.61			
Energy		541		0	NC	4		211			
Energy		2263		0	NC	4		883			
Protein		3.13		1	MC	9		1.22			
Total lipid (fat)		30.37		0	MC	9		11.85			
Ash		1.20		1	MC	9		0.47			
Carbohydrate, by difference	_	63.73		0	NC	4		24.85			
Fiber, total dietary		1.3		1	MC	9		0.5			
Sugars, total		59.89		1	MC	9		23.36			
Starch		33.03		-		•		20100			
Starch	9										
Minerals:											
Calcium, Ca	<u>m</u> g	30		0	FLC	4		12			
Iron, Fe	_	0.57		1	MC	9		0.22			
Magnesium, Mg	mg	10		1	MC	9		4			
Phosphorus, P		61		1	MC	9		24			
Potassium, K	_	153		1	MC	9		60			
Sodium, Na	_	317		1	MC	9		124			
Zinc, Zn	_	0.17		1	MC	9		0.07			
Copper, Cu		0.040		1	MC	9		0.016			
Manganese, Mn	_	0.000		1	MC	9		0.000			
Selenium, Se	µg	0.0		1	MC	9		0.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5		1	MC	9		0.2			
Thiamin	mg	0.020		1	MC	9		0.008			
Riboflavin	mg	0.100		1	MC	9		0.039			
Niacin	mg	0.130		1	MC	9		0.051			
Pantothenic acid	mg	0.040		1	MC	9		0.016			
Vitamin B-6	mg	0.022		0	FLC	4		0.009			
Folate, total	µg	2		0	FLC	4		1			
Folic acid	µg	0		0	FLC	4		0			
Folate, food	µg	2		0	FLC	4		1			
Folate, DFE	µg	2		0	NC	4		1			
Choline, total	mg	3.1		0	FLC	4		1.2			
Betaine											
Vitamin B-12	µg	0.21		0	FLC	4		0.08			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE		61		0	NC	4		24			
Retinol		61		0	NR	4		24			
Carotene, beta		0		0	NR	4		0			
Carotene, alpha		2		0	NR	4		1			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		204		0	NC	4		80			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		7		0	FLC	4		3			
Vitamin E (alpha-tocopherol)		0.58		0	FLC	4		0.23			
Vitamin E, added	_	0.00		0	FLC	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta		0.1		0	AS	1		0.0			
Vitamin D (D2 + D3)		3		0	AS FLC	4		1			
Vitamin D		8.6		0	FLC	4		3.3			
Vitamin K (phylloquinone)		0.0		U	FTC	*		3.3			
Dihydrophylloquinone	µy										

		<u>An</u>	ount in 10			Amount in edible portion of common measures of food				
				Number				<u></u>	0404100 0110	<u>, , , , , , , , , , , , , , , , , , , </u>
Nutrients and L	Jnits	Mean	Std. Error				onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated		18.7	80	1	MC	9		7.324		
4:0		0.0		0	FLC	4		0.006		
6:0	-	0.0	11	0	FLC	4		0.004		
8:0	• • • • • • • • • • • • • • • • • • • •	0.0		0	FLC	4		0.003		
10:0	-	0.0		0	FLC	4		0.008		
12:0	_	0.0	20	0	FLC	4		0.008		
13:0	-									
14:0	-	0.0		0	FLC	4		0.036		
15:0		0.0		0	FLC	4		0.003		
16:0	-	7.4		0	FLC	4		2.920		
17:0	-	0.0		0	FLC	4		0.006		
18:0	_	9.6		0	FLC	4		3.765		
20:0		0.0		0	FLC	4		0.027		
22:0	• • • • • • • • • • • • • • • • • • • •	0.0		0	FLC	4		0.005		
24:0		0.0		0	FLC	4		0.003		
Fatty acids, total monounsaturate		9.7	14	0	FLC	4		3.788		
14:1	-	0.0		0	FLC	4		0.002		
15:1	• • • • • • • • • • • • • • • • • • • •	0.0	00	0	FLC	4		0.000		
16:1 undifferentiated	_	0.0		0	FLC	4		0.030		
17:1		0.0		0	FLC	4		0.000		
18:1 undifferentiated		9.6	27	0	FLC	4		3.755		
20:1	_	0.0	04	0	FLC	4		0.002		
22:1 undifferentiated	g	0.0	00	0	FLC	4		0.000		
24:1 c	g	0.0	00	0	FLC	4		0.000		
Fatty acids, total polyunsaturated		1.1	91	0	FLC	4		0.465		
18:2 undifferentiated		1.1		0	FLC	4		0.435		
18:3 undifferentiated		0.0	75	0	FLC	4		0.029		
18:4	g	0.0	00	0	FLC	4		0.000		
20:2 n-6 c,c	_	0.0	00	0	FLC	4		0.000		
20:3 undifferentiated	g	0.0		0	FLC	4		0.000		
20:4 undifferentiated	g	0.0		0	FLC	4		0.000		
20:5 n-3 (EPA)	g	0.0	00	0	FLC	4		0.000		
21:5	• • • • • • • • • • • • • • • • • • • •									
22:4	-	0.0		0	FLC	4		0.000		
22:5 n-3 (DPA)		0.0		0	FLC	4		0.000		
22:6 n-3 (DHA)		0.0	00	0	FLC	4		0.000		
Fatty acids, total trans	-							_		
Cholesterol	-	53		1	MC	9		21		
Phytosterols	mg									
Others:										
Alcohol, ethyl	-	0.0		1	MC	9		0.0		
Caffeine		10		0	FLC	4		4		
Theobromine	mg	111		0	FLC	4		43		

Common Measures:

Measure 1 = 39g: 1 bar 1.4 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nutrients and Units		Amount in 100 grams	<u>of</u>	edik	ole portion		Amount in edible portion of common		
Nutrients and Units							<u>m (</u>	easures of foo	<u>u</u>
Proximates:					Source Co	onfidence			
Water.	s and Units Mea	an Std. Error Points	Cc	ode	Code	Code	Measure 1	Measure 2	Measure 3
Water. 9 1.26 1 MC 9 0.50			_						
Energy	a	1.26 1		MC	9		0.50		
Fine-pty	——————————————————————————————————————								
Protein (N x 6.25)									
Treat lipid (fa)									
Ash									
Carbohydrace by difference	-								
Fiber, total dietary									
Sugars, total									
Siarch									
Minerals: Calcium, Ca.		51.71		MC	9		20.68		
Calcium Ca	g								
Inc. Fe.									
Magnesium, Mg. mg 18 1 MC 9 1.5 Phosphous, P. mg 1.29 1 MC 9 52 Polossium, K. mg 306 1 MC 9 1.6 Sodium, Na. mg 0.79 1 MC 9 0.32 Copper, Cu. mg 0.79 1 MC 9 0.072 Manganes, Mm. mg 0.000 1 MC 9 0.000 Selenium, Se. µg 0.0 1 MC 9 0.4 Witamini C, total ascorbic acid mg 1.0 1 MC 9 0.044 Planticinic acid mg 0.330 1 MC 9 <td>•</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	•								
Phosphons, P. mg 129 1 MC 9 123 Poussium, K. mg 306 1 MC 9 128 Zinc, Z. mg 0.79 1 MC 9 0.32 Copper, Cu. mg 0.180 1 MC 9 0.072 Maganese, Mm. mg 0.000 1 MC 9 0.000 Selenium, See. "Jg 0.00 1 MC 9 0.00 Vitamin C, total ascorbic acid. mg 1.0 1 MC 9 0.06 Vitamin C, total ascorbic acid. mg 0.040 1 MC 9 0.016 Riboflavin. "mg 0.160 1 MC 9 0.016 Riboflavin. "mg 0.160 1 MC 9 0.064 Niacim. "mg 0.250 1 MC 9 0.102 Vitamin E 6. "mg 0 0.050<	•								
Poassium, К. mg 306 1 MC 9 123 Sodium, Na. mg 0.79 1 MC 9 0.32 Zine, Zh. mg 0.180 1 MC 9 0.072 Manganese, Mn. mg 0.000 1 MC 9 0.000 Selenium, Se. µg 0.00 1 MC 9 0.000 Selenium, Se. µg 0.0 1 MC 9 0.000 Vitamins. mg 1.0 1 MC 9 0.4 Thiannin mg 0.040 1 MC 9 0.064 Niacin. mg 0.160 1 MC 9 0.064 Niacin. mg 0.250 1 MC 9 0.100 Vitamin B-6. mg 0.660 1 MC 9 0.024 Folate, food. µg 8 1 MC 9 4	······································								
Sodium, Na.									
Zinc, Zn.									
Copper, Cu									
Manganese, Mn	•								
Vitamins Vitamin C, total ascorbic acid.	_								
Vitamins: Vitamin C, total ascorbic acid	mg								
Vitamin C, total ascorbic acid	µg	0.0		MC	9		0.0		
Thiamin mg 0.040 1 MC 9 0.016 Riboflavin mg 0.160 1 MC 9 0.064 Niacin mg 0.330 1 MC 9 0.100 Vitamin B-6 mg 0.060 1 MC 9 0.024 Folate, fotal µg 8 1 MC 9 0.024 Folate, fotal µg 8 1 MC 9 3 Folate, food µg PG PG PG PG PG Folate, food µg PG									
Riboflavin	c acidg	1.0		MC	9		0.4		
Niacin	mg	0.040 1		MC	9		0.016		
Pantothenic acid.	mg	0.160 1		MC	9		0.064		
Vitamin B-6. Mg 0.060 1 MC 9 0.024 Folate, total Jg 8 1 MC 9 3 Folate, food. Jg Polate, food. Jg Folate, DFE. Jg Jg Jg Choline, total. Mg Jg Jg Vitamin B-12. Jg Jg Jg Vitamin A, RAE. Jg Jg Jg Carotene, beta. Jg Jg Jg Cryptoxanthin, beta. Jg Jg Jg Vitamin A, IU. JU 117 1 MC 9 47 Lycopene. Jg Jg Jg Jg Jg Jg Jg Jg Vitamin E (alpha-tocopherol), beta. Mg Mg Jg	mg	0.330 1		MC	9		0.132		
Folate, total	mg	0.250 1		MC	9		0.100		
Folic acid	mg	0.060 1		MC	9		0.024		
Folate, food	µg	8 1		MC	9		3		
Folate, DFE	µg								
Choline, total	µg								
Betaine	µg								
Vitamin A, RAE µ9 Retinol	mg								
Vitamin A, RAE									
Retinol									
Carotene, beta									
Carotene, alpha									
Cryptoxanthin, beta	: -								
Vitamin A, IU									
Lycopene µg Lutein + zeaxanthin µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocotrienol, alpha mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin K (phylloquinone) µg Dihydrophylloquinone µg					_				
Lutein + zeaxanthin		.7 1		MC	9		47		
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin K (phylloquinone) µg Dihydrophylloquinone µg									
Tocopherol, beta									
Tocopherol, gamma	, -								
Tocopherol, delta									
Tocotrienol, alpha	-								
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, deltamg Vitamin D (D2 + D3)	_								
Vitamin D (D2 + D3)	-								
Vitamin D									
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg									
Dihydrophylloquinoneµg									
	E4								
<u>Lipids:</u>					_				
Fatty acids, total saturatedg 20.600 1 MC 9 8.240	edg	20.600 1		MC	9		8.240		

NDB No. 19248

Candies, HERSHEY'S, ALMOND JOY BITES

	Amount in	100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Err	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg	8.850 1.460	1 1	MC MC	9 9		3.540 0.584		
Fatty acids, total trans	11	1	MC	9		5		
Others: g Alcohol, ethyl	0.0	1	MC	9		0.0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 18 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	Amount in edible portion of common measures of food						
								Number		
						Source C	onfidence			
Nutrients and Units	3	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	a	1.1	0	1	MC	9		0.61	0.87	
Energy		520		1	MC	9		286	411	
Energy		2175		0	MC	9		1196	1718	
Protein (N x 6.25)		6.2	4	1	MC	9		3.43	4.93	
Total lipid (fat)		27.8		1	MC	9		15.31	21.99	
Ash		0.9		1	MC	9		0.53	0.76	
Carbohydrate, by difference	-	63.6		1	MC	9		35.00	50.28	
Fiber, total dietary		1.9	•	1	MC	9		1.0	1.5	
Sugars, total		53.9	6	1	MC	9		29.68	42.63	
Starch		33.7	5	-	мс	,		25.00	12.03	
Staten	9									
Minerals:										
Calcium, Ca	<u>mg</u>	138		1	MC	9		76	109	
Iron, Fe	mg	0.8	4	1	MC	9		0.46	0.66	
Magnesium, Mg	mg	2		1	MC	9		1	2	
Phosphorus, P	<u>mg</u>	112		1	MC	9		62	89	
Potassium, K	mg	294		1	MC	9		162	233	
Sodium, Na	<u>.</u> mg	64		1	MC	9		35	51	
Zinc, Zn	mg	0.0	7	1	MC	9		0.04	0.06	
Copper, Cu	mg	0.0	10	1	MC	9		0.006	0.008	
Manganese, Mn	mg	0.0	00	1	MC	9		0.000	0.000	
Selenium, Se	µg	0.0		1	MC	9		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.3		1	MC	9		0.7	1.1	
Thiamin	-	0.0	50	1	MC	9		0.028	0.040	
Riboflavin	_	0.1		1	MC	9		0.028	0.134	
Niacin	-	0.1		1	MC	9		0.099	0.134	
	_	0.0		1	MC	9		0.022	0.142	
Pantothenic acid Vitamin B-6	-	0.0		1	MC	9		0.022	0.032	
	_	3	00	1	MC	9		2	2	
Folia asid		3		1	МС	9		2	2	
Folic acid		3		1	MC	9		2	2	
Folate, foodFolate, DFE		3		_	ис	,		2	2	
Choline, total	-									
Betaine Vitamin B-12										
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		92		1	MC	9		50	72	
Lycopene		32		_	FIC	,		30	, 4	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
<u>Lipids:</u>										
Fatty acids, total saturated	g	17.9	90	1	MC	9				

NDB No. 19250

Candies, HERSHEY, KIT KAT BIG KAT Bar

	Amot	0 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean St		Deriv	Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg	17.990		MC	9		9.895	14.212	
Fatty acids, total monounsaturatedg	4.910	1	MC	9		2.701	3.879	
Fatty acids, total polyunsaturatedg	0.510	1	MC	9		0.281	0.403	
Fatty acids, total transg	0.000	1	MC	9		0.000	0.000	
Cholesterolmg	9	1	MC	9		5	7	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	1	MC	9		0.0	0.0	
Caffeinemg	0	1	MC	9		0	0	
Theobrominemg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19249 Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate Hershey Food Corp.

	Amount in 100 grams of edible portion								Amount in edible portion of common			
				Number	measures of food							
						Source C	Confidence					
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure		
Proximates: Water	a	1.6	0	1	MC	9		0.67				
Energy		521	•	1	MC	9		219				
Energy		2181		0	MC	9		916				
Protein (N x 6.25)		9.5	3	1	MC	9		4.00				
Total lipid (fat)		31.3		1	MC	9		13.16				
Ash		2.0		1	MC	9		0.84				
	_	55.3		1	MC	9		23.26				
Carbohydrate, by difference		3.3		1	MC	9		1.4				
Fiber, total dietary		40.3		1	MC	9		16.94				
Sugars, total		40.3	3	_	мс	9		16.94				
Starch	g											
Minerals:_												
Calcium, Ca	mg	70		1	MC	9		30				
Iron, Fe	mg	1.3	0	1	MC	9		0.55				
Magnesium, Mg	mg	49		1	MC	9		21				
Phosphorus, P	mg	144		1	MC	9		60				
Potassium, K	mg	295		1	MC	9		124				
Sodium, Na	<u>mg</u>	264		1	MC	9		111				
Zinc, Zn	-	0.9		1	MC	9		0.42				
Copper, Cu	-	0.2		1	MC	9		0.084				
Manganese, Mn	mg	0.0		1	MC	9		0.000				
Selenium, Se	µg	0.7		1	MC	9		0.3				
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.6		1	MC	9		0.2				
Thiamin	-	0.1		1	MC	9		0.055				
Riboflavin	_	0.1		1	MC	9		0.042				
Niacin	-	3.6		1	MC	9		1.529				
Pantothenic acid	_	0.4		1	MC	9		0.185				
Vitamin B-6	-	0.0		1	MC	9		0.034				
Folate, total	-	40		1	MC	9		17				
Folic acid		0		0	FLC	4		0				
Folate, food		40		1	MC	9		17				
Folate, DFE		40		0	NC	4		17				
Choline, total		28.2		0	0	4		11.8				
Betaine	-											
Vitamin B-12	-	0.1	.5	0	FLC	4		0.06				
Vitamin B-12, added		0.0		0	z	7		0.00				
Vitamin A, RAE		14		0	NC	4		6				
Retinol		14		0	0	4		6				
Carotene, beta		4		0	NR	4		2				
Carotene, alpha		0		0	FLC	4		0				
Cryptoxanthin, beta		0		0	FLC	4		0				
Vitamin A, IU		58		1	MC	9		24				
Lycopene		0		0	FLC	4		0				
Lutein + zeaxanthin		45		0	FLC	4		19				
Vitamin E (alpha-tocopherol)		2.7	7	0	FLC	4		1.16				
Vitamin E, added		0.0		0	Z	7		0.00				
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta	-											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0				
Vitamin D		0		0	Z	7		0				
Vitamin K (phylloquinone)		5.9		0	FLC	4		2.5				
Dihydrophylloquinone												
Menaquinone-4												

	Amount in	100 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Er		Deriv	Source Cor Code	nfidence Code	Measure 1	Measure 2	Measure 3

Lipids:	13.210	1	мс	9		F F40		
Fatty acids, total saturatedg	0.119	0	FLC	4		5.548 0.050		
6:0g	0.119	0	FLC	4		0.030		
8:0g	0.044	0	FLC	4		0.018		
8:0g	0.040	0	FLC	4		0.017		
12:0g	0.222	0	FLC	4		0.023		
13:0g	0.000	0	FLC	4		0.000		
14:0	0.236	0	FLC	4		0.000		
15:0g	0.016	0	FLC	4		0.007		
16:0g	6.006	0	FLC	4		2.523		
17:0g	0.015	0	FLC	4		0.006		
18:0g	6.155	0	FLC	4		2.585		
20:0g	0.040	0	FLC	4		0.017		
22:0g	0.004	0	FLC	4		0.002		
24:0g	0.000	0	FLC	4		0.002		
Fatty acids, total monounsaturatedg	10.820	1	MC	9		4.544		
14:1g	0.013	0	FLC	4		0.005		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.053	0	FLC	4		0.022		
17:19	0.004	0	FLC	4		0.002		
18:1 undifferentiated	9.323	0	FLC	4		3.915		
20:1g	0.113	0	FLC	4		0.048		
22:1 undifferentiated	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturated	4.680	1	MC	9		1.966		
18:2 undifferentiatedg	4.593	0	FLC	4		1.929		
18:3 undifferentiated	0.049	0	FLC	4		0.020		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg	0.000	0	FLC	4		0.000		
20:3 undifferentiated	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total trans								
Cholesterolmg	6	1	MC	9		2		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	1	MC	9		0.0		
Caffeinemg	0	1	MC	9		0		
Theobrominemg	48	0	FLC	4		20		

Common Measures:

Measure 1 = 42g: 1 serving 1.5 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount in	Amount in edible portion of common						
			Number	measures of food					
					Source	Confidence			
Nutrients and Uni	its	Mean Std. En	ror Points			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	6.97	0	FLC	4				
Energy	kcal	490	0	NC	4				
Energy	kJ	2051	0	NC	4				
Protein	g	13.44	0	LC	8				
Total lipid (fat)	g	25.00	0	LC	8				
Ash	_	1.70	0	FLC	4				
Carbohydrate, by difference	g	52.88	0	NC	4				
Fiber, total dietary	g	3.8	0	LC	8				
Sugars, total	g	40.32	0	LC	8				
Starch	g	2.19	0	FLC	4				
Minerals:									
Calcium, Ca	ma	94	0	NR	4				
Iron, Fe	-	1.92	0	LC	8				
Magnesium, Mg		90	0	FLC	4				
Phosphorus, P	_	197	0	FLC	4				
Potassium, K		725	0	FLC	4				
Sodium, Na	mg	231	0	LC	8				
Zinc, Zn	mg	1.57	0	FLC	4				
Copper, Cu	_	0.325	0	FLC	4				
Manganese, Mn	_	0.912	0	FLC	4				
Selenium, Se	µg	5.1	0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	FLC	4				
Thiamin	_	0.083	0	FLC	4				
Riboflavin	mg	0.115	0	FLC	4				
Niacin	mg	7.166	0	FLC	4				
Pantothenic acid	mg	0.521	0	FLC	4				
Vitamin B-6	mg	0.235	0	FLC	4				
Folate, total	µg	51	0	FLC	4				
Folic acid	µg	0	0	FLC	4				
Folate, food	µg	51	0	FLC	4				
Folate, DFE		51	0	NC	4				
Choline, total	_	35.6	0	FLC	4				
Betaine		0.3	0	FLC	4				
Vitamin B-12		0.02	0	FLC	4				
Vitamin B-12, added		0.00	0	FLC NC	4 4				
Vitamin A, RAE		0	0	FLC	4				
Retinol Carotene, beta		0	0	FLC	4				
Carotene, alpha		0	0	FLC	4				
Cryptoxanthin, beta		0	0	FLC	4				
Vitamin A, IU		1	0	NC	4				
Lycopene		0	0	FLC	4				
Lutein + zeaxanthin		0	0	FLC	4				
Vitamin E (alpha-tocopherol)		2.47	0	FLC	4				
Vitamin E, added	_	0.00	0	FLC	4				
Tocopherol, beta	mg	0.18	0	FLC	4				
Tocopherol, gamma		3.14	0	FLC	4				
Tocopherol, delta	mg	0.30	0	FLC	4				
Tocotrienol, alpha	mg	0.03	0	FLC	4				
Tocotrienol, beta	mg	0.00	0	FLC	4				
Tocotrienol, gamma		0.02	0	FLC	4				
Tocotrienol, delta		0.00	0	FLC	4				
Vitamin D (D2 + D3)		0.0	0	AS	1				
Vitamin D2 (ergocalciferol)					_				
Vitamin D3 (cholecalciferol)		0.0	0	FLC	4				
Vitamin D		0	0	FLC	4				
Vitamin K (phylloquinone)	µg	0.0	0	FLC	4				

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 0.0 FLC Dihydrophylloquinone......µg FLC Menaquinone-4.....µg 0.0 0 4 Lipids: Fatty acids, total saturated......g 4.806 0 LC 8 0.000 4:0.....g 0 FLC 4 6:0......g 0.000 n FLC 4 8:0.....g 0.000 0 FLC 4 10:0.....g 0.000 0 FLC 4 0.000 0 FLC 4 12:0......g 14:0.....g 0.014 FLC 15:0.....g 0.003 0 FLC 4 2.521 0 FLC 16:0.....g 0.025 0 FLC 17·0 4 FLC 18:0.....g 0.739 0 FLC 4 20:0.....g 0.349 22:0.....g 0.738 0 FLC 4 FLC 0.418 0 24:0......g 4 Fatty acids, total monounsaturated......g 12.467 0 FLC 0 FLC 0.000 4 14:1.....g 0.000 0 FLC 4 0.018 FLC 16:1 undifferentiated......g 0 4 0.015 0 FLC 17:1.....g 0 FLC 12.108 4 0.300 0 FLC 4 20:1.....g 0.026 0 FLC 22:1 undifferentiated.....g 0.000 0 FLC 4 24:1 c.....g Fatty acids, total polyunsaturated......g 4.691 0 FLC 4 18:2 undifferentiated......g 4.635 0 FLC 4 0.016 0 FLC 18:3 undifferentiated......g 4 0.000 0 FLC 4 18:4.....g 0 FLC 20:2 n-6 c,c.....g 0.002 4 20:3 undifferentiated.....g 0.005 0 FLC 4 0.010 FLC 20:4 undifferentiated.....g 0 4 0.023 0 FLC 4 20:5 n-3 (EPA)......g 21:5.....g 0.000 0 FLC 4 0.000 0 FLC 22:5 n-3 (DPA).....g 4 0.000 0 FLC 4 0.000 0 LC 8 Fatty acids, total trans......g Cholesterol....mg 0 0 FLC 4 Phytosterols....mg FLC 4 Amino Acids: Tryptophan.....g 0.133 0 FLC Threonine.....g 0.457 0 FLC 4 0.486 FLC Isoleucine 0 0 4 0.879 0 FLC 4 Leucine......g 0.515 0 FLC 4 Lysine....g 0.166 0 FLC 4 0.168 0 FLC Cystine......a 4 0.687 0 FLC Phenylalanine.....g 0 FLC 0.535 4 Tyrosine....g Valine.....g 0.565 0 FLC 4 FLC 1.511 0 Arginine.....g 0.337 0 FLC 4 Histidine......g 0 FLC 4 0.527 Alanine......g Aspartic acid......g 1.601 0 FLC 4 0 FLC 2.754 Glycine.....g 0.766 0 FLC 4 0.608 0 FLC 4 Proline.......a Serine.....g 0.658 0 FLC 4

FLC

4

0.000

Hydroxyproline.....g

Candies, HERSHEYS, PAYDAY Bar

	<u>Am oun</u>	t in 100 grams	Amount in e	Amount in edible portion of common			
		Num ber	measures of food				
Nutrients and Units	Mean Std.	of Data Error Points.		Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Others:							
Alcohol, ethylg	0.0	0	FLC	4			
Caffeinemg	0	0	FLC	4			
Theobrominemg	0	0	FLC	4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Hershey Food Corp.

		Amount in 10	0 grams	Amount in edible portion of common				
			Number				easures of fo	
					Source Confidence	e		
Nutrients and	Units	Mean Std. Error				Measure 1	Measure 2	Measure 3
Proximates:								
Water	g	1.63	1	A	1	0.68	0.16	0.75
Energy	kcal	518	0	NC	4	218	52	238
Energy	kJ	2169	0	NC	4	911	217	998
Protein (N x 6.25)		6.51	1	A	1	2.73	0.65	2.99
Total lipid (fat)	g	25.99	1	A	1	10.92	2.60	11.96
Ash		1.28	1	A	1	0.54	0.13	0.59
Carbohydrate, by difference	=	64.59	0	NC	4	27.13	6.46	29.71
Fiber, total dietary		1.0	1	A	1	0.4	0.1	0.5
Sugars, total		48.68	1	A	1	20.45	4.87	22.39
		40.04	1	A	1	16.82	4.00	18.42
Sucrose			1		1	0.07		0.07
Glucose (dextrose)		0.16		A			0.02	
Fructose	g	0.20	1	A	1	0.08	0.02	0.09
Lactose		8.21	1	A	1	3.45	0.82	3.78
Maltose		0.07	1	A	1	0.03	0.01	0.03
Galactose	g	0.00	1	A	1	0.00	0.00	0.00
Starch		10.60	1	A	1	4.45	1.06	4.88
Minerals:								
Calcium, Ca	mg	125	1	A	1	53	13	58
Iron, Fe	mg	1.00	1	A	1	0.42	0.10	0.46
Magnesium, Mg		37	1	A	1	16	4	17
Phosphorus, P		135	1	A	1	57	14	62
Potassium, K		231	1	A	1	97	23	106
Sodium, Na		54	1	A	1	23	5	25
Zinc, Zn		0.09	1	MC	9	0.04	0.01	0.04
Copper, Cu		0.220	1	A	1	0.092	0.022	0.10
Manganese, Mn		0.100	1	A	1	0.042	0.010	0.04
Selenium, Se		5.0	1	A	1	2.1	0.5	2.3
Vitamins:								
Vitamin C, total ascorbic acid	mg	0.0	1	A	1	0.0	0.0	0.0
Thiamin	mg	0.117	1	A	1	0.049	0.012	0.05
Riboflavin	mg	0.210	1	A	1	0.088	0.021	0.09
Niacin	mg	0.500	1	A	1	0.210	0.050	0.23
Pantothenic acid	-	0.640	1	A	1	0.269	0.064	0.29
Vitamin B-6		0.020	1	A	1	0.008	0.002	0.00
Folate, total		14	1	A	1	6	1	6
Folic acid		6	1	A	1	3	1	3
Folate, food		8	1	AS	1	3	1	4
Folate, DFE		18	0	NC	4	8	2	8
		31.0	0	AS	1	13.0	3.1	14.2
Choline, total	-	6.1	1	A5 A	1	2.6		
Betaine	-				1		0.6	2.8
Vitamin B-12		0.56	1	A		0.24	0.06	0.26
Vitamin B-12, added		0.00	0	Z	7	0.00	0.00	0.00
Vitamin A, RAE		24	0	AS	1	10	2	11
Retinol	· -	24	1	A	1	10	2	11
Carotene, beta	µg	0	1	A	1	0	0	0
Carotene, alpha	µg	0	1	A	1	0	0	0
Cryptoxanthin, beta		0	1	A	1	0	0	0
Vitamin A, IU	<u></u> IU	81	0	AS	1	34	8	37
Lycopene	µg	0	1	A	1	0	0	0
Lutein + zeaxanthin	µg	23	0	NR	4	10	2	11
Vitamin E (alpha-tocopherol)	mg	0.34	1	A	1	0.14	0.03	0.16
Vitamin E, added		0.00	0	Z	7	0.00	0.00	0.00
Tocopherol, beta		0.00	1	A	1	0.00	0.00	0.00
Tocopherol, gamma		4.13	1	A	1	1.73	0.41	1.90
Tocopherol, delta		0.22	1	A	1	0.09	0.02	0.10
Tocotrienol, alpha		0.14	1	A	1	0.06	0.01	0.06
Tocotrienol, beta		0.00	1	A	1	0.00	0.00	0.00

	<u>Ar</u>	nount in 10	00 grams Number		ble portio	<u>n</u>		dible portion o	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.1	1	1	A	1		0.05	0.01	0.05
Tocotrienol, delta	ng 0.0	00	1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	-)	0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol) Vitamin D			0	z	7		0	0	0
Vitamin K (phylloquinone)		2	1	A	1		2.2	0.5	2.4
Dihydrophylloquinone		ļ	1	A	1		0.2	0.0	0.2
Menaquinone-4									
Lipids:									
Fatty acids, total saturated	17.9	53	0	NC	4		7.540	1.795	8.258
4:0		L36	1	A	1		0.057	0.014	0.063
6:0	g 0.1	17	1	A	1		0.049	0.012	0.054
8:0			1	A	1		0.211	0.050	0.231
10:0			1	A	1		0.213	0.051	0.234
12:0			1	A	1		2.064	0.491	2.260
13:0	=		1 1	A A	1 1		0.000 0.734	0.000 0.175	0.000 0.804
14:0	•		1	A	1		0.734	0.175	0.023
16:0	•		1	A	1		2.091	0.498	2.290
17:0	•		1	A	1		0.021	0.005	0.023
18:0	-		1	A	1		2.017	0.480	2.209
20:0	g 0.1	L50	1	A	1		0.063	0.015	0.069
22:0			1	A	1		0.000	0.000	0.000
24:0			1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated			0	NC	4		2.455	0.584	2.688
14:1	•		1 1	A A	1 1		0.000	0.000	0.000
15:1	•		1	A	1		0.000 0.062	0.000 0.015	0.000 0.068
17:1			1	A	1		0.002	0.000	0.000
18:1 undifferentiated			0	AS	1		2.392	0.570	2.620
18:1 c		596	1	A	1		2.350	0.560	2.574
18:1 t	g 0.0	99	1	A	1		0.042	0.010	0.046
18:1-11 t (18:1t n-7)	-								
20:1			1	A	1		0.000	0.000	0.000
22:1 undifferentiated		000	1	A	1		0.000	0.000	0.000
24:1 c		205	0	NC	4		0.376	0.090	0.412
Fatty acids, total polyunsaturated	g 0.8		1	A	1		0.345	0.082	0.377
18:3 undifferentiated			0	AS	1		0.031	0.007	0.034
18:3 n-3 c,c,c (ALA)	•		1	A	1		0.031	0.007	0.034
18:3 n-6 c,c,c	g 0.0	000	1	A	1		0.000	0.000	0.000
18:3i	9								
18:4	2		0	0	4		0.000	0.000	0.000
20:2 n-6 c,c	-		1	A	1		0.000	0.000	0.000
20:3 undifferentiated	=	000	1	A	1		0.000	0.000	0.000
20:3 n-3									
20:4 undifferentiated		000	1	A	1		0.000	0.000	0.000
20:4 n-6									
20:5 n-3 (EPA)	g 0.0	000	1	A	1		0.000	0.000	0.000
21:5	9								
22:4									
22:5 n-3 (DPA)			0 1	O A	4 1		0.000	0.000	0.000
22:6 n-3 (DHA)			0	A NC	4		0.000 0.042	0.000 0.010	0.000 0.046
Fatty acids, total trans-monoenoic	•		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-polyenoic	-	-	•		-			2.010	
Cholesterol			1	A	1		4	1	5
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.0	90	1	A	1		0.038	0.009	0.041
Threonine		190	1	A	1		0.080	0.019	0.087

		Amount in 10	00 grams	Amount in edible portion of common measures of food					
Nutrients ar	nd Units	Mean Std. Erro			Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	g	0.280	1	A	1		0.118	0.028	0.129
Leucine	g	0.520	1	A	1		0.218	0.052	0.239
Lysine	g	0.280	1	A	1		0.118	0.028	0.129
Methionine	g	0.160	1	A	1		0.067	0.016	0.074
Cystine	g	0.120	1	A	1		0.050	0.012	0.055
Phenylalanine	g	0.270	1	A	1		0.113	0.027	0.124
Tyrosine	g	0.150	1	A	1		0.063	0.015	0.069
Valine	g	0.360	1	A	1		0.151	0.036	0.166
Arginine	g	0.200	1	A	1		0.084	0.020	0.092
Histidine	g	0.110	1	A	1		0.046	0.011	0.051
Alanine	g	0.200	1	A	1		0.084	0.020	0.092
Aspartic acid	g	0.470	1	A	1		0.197	0.047	0.216
Glutamic acid	g	1.520	1	A	1		0.638	0.152	0.699
Glycine	g	0.160	1	A	1		0.067	0.016	0.074
Proline	g	0.650	1	A	1		0.273	0.065	0.299
Serine	g	0.320	1	A	1		0.134	0.032	0.147
Hydroxyproline	g	0.000	1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl	g	0.0	0	Z	7		0.0	0.0	0.0
Caffeine	mg	14	1	A	1		6	1	6
Theobromine	mg	116	1	A	1		49	12	53

Common Measures:

Measure 1 = 42g: 1 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Hershey Food Corp.

Nutrients and Units	Amount in	Amount in edible portion of common			
Nutrients and Units Mean Std. Error Points Code Code		measures of food			
Nutrients and Units	fidence				
Water.	Code Measure	1 Measure 2	Measure		
Water.					
Energy	0.48	0.66	0.43		
Energy	210	287	189		
Protein	878	1200	793		
Total lipid (fat)	2.71	3.71	2.45		
Ash	10.90	14.88	9.83		
Carbohydrate, by difference	0.53	0.72	0.48		
Fiber, total dietary	26.22	35.82	23.67		
Sugars, total	0.9	1.3	0.8		
Starch	21.54	29.42	19.44		
Calcium, Ca	21.51	23.42	17.11		
Calcium, Ca					
Iron, Fe.					
Magnesium, Mg	65	88	58		
Phosphorus, P. mg 123 1 мС 9 Potassium, K mg 325 1 мС 9 Sodium, Na mg 196 1 мС 9 Zinc, Zn mg 0.49 1 мС 9 Copper, Cu mg 0.020 1 мС 9 Manganese, Mn mg 0.000 1 мС 9 Manganese, Mn mg 0.000 1 мС 9 Selenium, Se µg 3.5 1 мС 9 Selenium, Se µg 3.5 1 мС 9 Selenium, Se µg 3.5 1 мС 9 Vitamins Mg 0.08 1 MC 9 Vitamins Mg 0.050 1 MC 9 Niacin Mg 0.190 1 MC 9 Vitamin B-6 mg 0.0420 1 MC	0.43		0.39		
Potassium, K mg 325 1 MC 9 Sodium, Na. mg 196 1 MC 9 Zinc, Zm. mg 0.49 1 MC 9 Copper, Cu. mg 0.000 1 MC 9 Manganese, Mm. mg 0.000 1 MC 9 Manganese, Mm. mg 0.000 1 MC 9 Selenium, Se. "Jg 3.5 1 MC 9 Vitamines. "Witamines."	5	7	5		
Sodium, Na	51	69	46		
Zinc, Zn	133	182	120		
Соррег, Си	80	110	72		
Manganese, Mn	0.20		0.18		
Vitamins: Vitamins Vitamin C, total ascorbic acid. mg 0.8 1 MC 9	0.008		0.00		
Vitamins: Vitamin C, total ascorbic acid mg 0.8 1 MC 9 Thiamin .mg 0.050 1 MC 9 Riboflavin .mg 0.190 1 MC 9 Niacin .mg 0.260 1 MC 9 Pantothenic acid .mg 0.420 1 MC 9 Pantothenic acid .mg 0.040 1 MC 9 Vitamin B-6 .mg 0.040 1 MC 9 Folate, total .µg 6 1 MC 9 Folate, food .µg PG 1 MC 9 Folate, food .µg PG PG<	0.000		0.00		
Vitamin C, total ascorbic acid	1.4	1.9	1.3		
Vitamin C, total ascorbic acid					
Thiamin	0.3	0.4	0.3		
Riboflavin.	0.02		0.01		
Niacin	0.078		0.07		
Pantothenic acid. mg 0.420 1 MC 9 Vitamin B-6. mg 0.040 1 MC 9 Folate, total. µg 6 1 MC 9 Folate, total. µg Polate, food. µg Ng Ng <t< td=""><td>0.10</td><td></td><td>0.09</td></t<>	0.10		0.09		
Vitamin B-6. mg 0.040 1 MC 9 Folate, total. µg 6 1 MC 9 Folate, total. µg Folate, food. µg Folate, DFE. µg Polate, DFE. Pg Choline, total. mg Pg Betaine. mg Pg Vitamin B-12. µg Pg Vitamin A, RAE. µg Pg Carotene, beta. µg Pg Carotene, alpha. µg Pg Cryptoxanthin, beta. µg Vitamin A, IU. IJ 102 1 MC 9 Lycopene. µg Lutein + zeaxanthin. µg Pg Pg Vitamin E (alpha-tocopherol). mg Pg Pg Tocopherol, beta. mg Pg Tocotrienol, alpha. mg Pg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg	0.172		0.15		
Folate, total	0.016		0.01		
Folic acid	2	3	2		
Folate, food	_	· ·	_		
Folate, DFE					
Choline, total					
Betaine					
Vitamin B-12					
Vitamin A, RAE					
Retinol					
Carotene, beta					
Carotene, alpha					
Cryptoxanthin, beta					
Vitamin A, IU					
Lycopene	42	57	38		
Lutein + zeaxanthin µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocotrienol, delta mg Tocotrienol, alpha mg Tocotrienol, gamma mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin D "U					
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocotrienol, delta mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin D					
Tocopherol, beta					
Tocopherol, gamma mg Tocopherol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin D NU					
Tocopherol, delta					
Tocotrienol, alpha					
Tocotrienol, beta					
Tocotrienol, gamma					
Tocotrienol, deltamg Vitamin D (D2 + D3)µg Vitamin D					
Vitamin D (D2 + D3)µg Vitamin D					
Vitamin D					
Vitamin K (phylloquinone)µg					
DihydrophylloquinoneUg					
Menaquinone-4µg					
ipids:					

Candies, KRACKEL Chocolate Bar

	Amount in 1	100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9 Fatty acids, total polyunsaturated9	6.250 0.570	1	MC MC	9 9		2.563 0.234	3.500 0.319	2.313 0.211
Fatty acids, total trans	11	1	MC	9		4	6	4
Others: Alcohol, ethyl	0.0	1	мс	9		0.0	0.0	0.0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz Measure 2 = 56g: 1 bar 2 oz Measure 3 = 37g: 3 blocks

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amour	nt in 100 grams	o or ear	DIE POLLIC	<u> </u>	Amount in edible portion of common			
			Num be	r			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Un	ite	Mean Std	. Error Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Weari Stu					Wicasure i	Weasure 2	wieasuie .	
Proximates:										
Water	g	0.18	0	FLC	4		0.06			
Energy	kcal	538	0	NC	4		167			
Energy	kJ	2250	0	NC	4		698			
Protein (N x 6.25)	g	6.41	0	MC	9		1.99			
Total lipid (fat)		28.85	0	MC	9		8.94			
Ash		1.41	0	FLC	4		0.44			
Carbohydrate, by difference	g	63.15	0	NC	4		19.58			
Fiber, total dietary		0.0	0	MC	9		0.0			
Sugars, total		57.69	0	MC	9		17.88			
Starch										
Minerals:										
Calcium, Ca		150	0	FLC	4		46			
Iron, Fe	-	1.88	0	FLC	4		0.58			
Magnesium, Mg		50	0	FLC	4		15			
Phosphorus, P		165	0	FLC	4		51			
Potassium, K	-	296	0	FLC	4		92			
Sodium, Na	-	63	0	FLC	4		20			
Zinc, Zn	-	1.83	0	FLC	4		0.57			
Copper, Cu		0.391	0	FLC	4		0.121			
Manganese, Mn	-	0.374	0	FLC	4		0.116			
Selenium, Se	µg	3.6	0	FLC	4		1.1			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	FLC	4		0.0			
Thiamin	mg	0.089	0	FLC	4		0.027			
Riboflavin		0.239	0	FLC	4		0.074			
Niacin	-	0.306	0	FLC	4		0.095			
Pantothenic acid	mg	0.375	0	FLC	4		0.116			
Vitamin B-6	mg	0.028	0	FLC	4		0.009			
Folate, total	µg	9	0	FLC	4		3			
Folic acid	µg	0	0	FLC	4		0			
Folate, food	µg	9	0	FLC	4		3			
Folate, DFE		9	0	NC	4		3			
Choline, total	mg	36.6	0	FLC	4		11.3			
Betaine	mg									
Vitamin B-12		0.60	0	FLC	4		0.19			
Vitamin B-12, added	µg	0.00	0	FLC	4		0.00			
Vitamin A, RAE	µg	46	0	NC	4		14			
Retinol	µg	46	0	FLC	4		14			
Carotene, beta	µg	0	0	FLC	4		0			
Carotene, alpha	µg	0	0	FLC	4		0			
Cryptoxanthin, beta		0	0	FLC	4		0			
Vitamin A, IU		155	0	NC	4		48			
Lycopene	µg	0	0	FLC	4		0			
Lutein + zeaxanthin		5	0	FLC	4		1			
Vitamin E (alpha-tocopherol)		0.60	0	FLC	4		0.19			
Vitamin E, added		0.00	0	FLC	4		0.00			
Tocopherol, beta		0.00	0	FLC	4		0.00			
Tocopherol, gamma		0.73	0	FLC	4		0.23			
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	FLC	4		0.0			
Vitamin D		0	0	FLC	4		0			
Vitamin K (phylloquinone)		5.8	0	FLC	4		1.8			
Dihydrophylloquinone										
Menaquinone-4										

	Amount in			Amount in edible portion of common measures of food			
		Number	r		<u>m</u>	easures of for	<u>oa</u>
		of Data	Deriv	Source Confidence	9		
Nutrients and Units	Mean Std. Erro	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated	19.230	0	FLC	4	5.961		
4:0g	0.287	0	FLC	4	0.089		
6:0g	0.095	0	FLC	4	0.030		
8:0g	0.287	0	FLC	4	0.089		
10:0g	0.365	0	FLC	4	0.113		
12:0g	2.520	0	FLC	4	0.781		
13:0g	0.000	0	FLC	4	0.000		
14:0g	1.651	0	FLC	4	0.512		
15:0	0.000	0	FLC	4	0.000		
16:0g	6.984	0	FLC	4	2.165		
17:0g	0.010	0	FLC	4	0.003		
18:0g	6.959	0	FLC	4	2.157		
20:0g	0.067	0	FLC	4	0.021		
22:0g	0.005	0	FLC	4	0.002		
24:0g	0.000	0	FLC	4	0.000		
Fatty acids, total monounsaturatedg	5.536	0	FLC	4	1.716		
14:1g	0.000	0	FLC	4	0.000		
15:1	0.000	0	FLC	4	0.000		
16:1 undifferentiatedg	0.331	0	FLC	4	0.103		
17:1g	0.000	0	FLC	4	0.000		
18:1 undifferentiatedg	5.205	0	FLC	4	1.614		
20:1g	0.000	0	FLC	4	0.000		
22:1 undifferentiatedg	0.000	0	FLC	4	0.000		
24:1 cg	0.000	0	FLC	4	0.000		
Fatty acids, total polyunsaturatedg	1.091	0	FLC	4	0.338		
18:2 undifferentiatedg	0.991	0	FLC	4	0.307		
18:3 undifferentiated	0.100	0	FLC	4	0.031		
18:4g	0.000	0	FLC	4	0.000		
20:2 n-6 c,cg	0.000	0	FLC	4	0.000		
20:3 undifferentiated	0.000	0	FLC	4	0.000		
20:4 undifferentiatedg	0.000	0	FLC	4	0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000		
21:59							
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000		
Fatty acids, total transg	0.000	0	FLC	4	0.000		
Cholesterolmg	18	0	FLC	4	6		
Phytosterolsmg					-		
Others:							
Alcohol, ethylg	0.0	0	FLC	4	0.0		
Caffeinemg	16	0	FLC	4	5		
Theobrominemg	163	0	FLC	4	50		

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

Nutrients and Units Proximates: Water Energy	g kJ g g g g g g g g	4.84 447 1869 5.00 15.00 2.23 72.94 2.5 50.00	Number of Data irror Points	Deriv		Confidence Code	1.93 179 748 2.00 6.00 0.89	easures of foo	Measure 3
Proximates: Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary. Sugars, total. Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na	g kJ g g g g g g g g	4.84 447 1869 5.00 15.00 2.23 72.94 2.5	0 0 0 0 0 0	FLC NC NC MC MC MC	4 4 9 9 4 4		1.93 179 748 2.00 6.00	Measure 2	Measure
Proximates: Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary. Sugars, total. Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na	g kJ g g g g g g g g	4.84 447 1869 5.00 15.00 2.23 72.94 2.5	0 0 0 0 0 0	FLC NC NC MC MC MC	4 4 9 9 4 4		1.93 179 748 2.00 6.00	Measure 2	Measure :
Water Energy Energy Protein (N x 6.25). Total lipid (fat). Ash Carbohydrate, by difference Fiber, total dietary. Sugars, total. Starch. Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na	kcalkJggggggggg	447 1869 5.00 15.00 2.23 72.94 2.5	0 0 0 0 0	NC NC MC MC FLC NC	4 4 9 9 4		179 748 2.00 6.00		
Water Energy Energy Protein (N x 6.25). Total lipid (fat). Ash Carbohydrate, by difference Fiber, total dietary. Sugars, total. Starch. Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na	kcalkJggggggggg	447 1869 5.00 15.00 2.23 72.94 2.5	0 0 0 0 0	NC NC MC MC FLC NC	4 4 9 9 4		179 748 2.00 6.00		
Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na	kcalkJggggggggg	447 1869 5.00 15.00 2.23 72.94 2.5	0 0 0 0 0	NC NC MC MC FLC NC	4 4 9 9 4		179 748 2.00 6.00		
Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary. Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg. Phosphorus, P Potassium, K. Sodium, Na.	kJ g g g g g g g	1869 5.00 15.00 2.23 72.94 2.5	0 0 0 0 0	NC MC MC FLC NC MC	4 9 9 4 4		748 2.00 6.00		
Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg. Phosphorus, P Potassium, K. Sodium, Na.	g g g g g g g	5.00 15.00 2.23 72.94 2.5	0 0 0 0 0	MC MC FLC NC MC	9 9 4 4		2.00 6.00		
Total lipid (fat)	g g g g g g	15.00 2.23 72.94 2.5	0 0 0	MC FLC NC MC	9 4 4		6.00		
Ash	g g g g g mg	2.23 72.94 2.5	0 0	FLC NC MC	4				
Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na	g g g g	72.94 2.5	0	NC MC	4		በ ደባ		
Fiber, total dietary Sugars, total Starch	g g g mg	2.5	0	MC					
Sugars, total	g g mg mg				9		29.18		
Starch	g mg mg	50.00	0	MC			1.0		
Minerals: Calcium, Ca	mg mg				9		20.00		
Calcium, Ca. Iron, Fe. Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na.	mg								
Iron, Fe	mg								
Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na		50	0	MC	9		20		
Phosphorus, P Potassium, K Sodium, Na		0.90	0	MC	9		0.36		
Potassium, KSodium, Na	mg	39	0	FLC	4		16		
Sodium, Na		135	0	FLC	4		54		
	-	253	0	FLC	4		101		
7inc 7n		475	0	FLC	4		190		
,	-	1.25	0	FLC	4		0.50		
Copper, Cu		0.271	0	FLC	4		0.108		
Manganese, Mn	-	0.297	0	FLC	4		0.119		
Selenium, Se	µg	3.3	0	FLC	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	MC	9		0.0		
Thiamin	mg	0.082	0	FLC	4		0.033		
Riboflavin	mg	0.203	0	FLC	4		0.081		
Niacin	mg	0.433	0	FLC	4		0.173		
Pantothenic acid	-	0.314	0	FLC	4		0.126		
Vitamin B-6	-	0.032	0	FLC	4		0.013		
Folate, total		15	0	FLC	4		6		
Folic acid		6	0	FLC	4		2		
Folate, food		9	0	FLC	4		3		
Folate, DFE		19	0	NC FLC	4 4		7		
Choline, total	-	29.3	U	FLC	4		11.7		
Betaine Vitamin B-12		0.45	0	FLC	4		0.18		
Vitamin B-12 Vitamin B-12, added		0.45	0	FLC	4		0.00		
Vitamin A, RAE		34	0	NC	4		13		
Retinol		34	0	FLC	4		13		
Carotene, beta		3	0	FLC	4		1		
Carotene, alpha		0	0	FLC	4		0		
Cryptoxanthin, beta		0	0	FLC	4		0		
Vitamin A, IU		116	0	NC	4		46		
Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin		4	0	FLC	4		2		
Vitamin E (alpha-tocopherol)		0.37	0	FLC	4		0.15		
Vitamin E, added		0.00	0	FLC	4		0.00		
Tocopherol, beta	mg	0.00	0	FLC	4		0.00		
Tocopherol, gamma	mg	0.37	0	FLC	4		0.15		
Tocopherol, delta		0.00	0	FLC	4		0.00		
Tocotrienol, alpha		0.00	0	FLC	4		0.00		
Tocotrienol, beta		0.00	0	FLC	4		0.00		
Tocotrienol, gamma		0.00	0	FLC	4		0.00		
Tocotrienol, delta		0.00	0	FLC	4		0.00		
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D2 (ergocalciferol)			-	_	_		• •		
Vitamin D3 (cholecalciferol)		0.0	0	Z	7		0.0		
Vitamin D Vitamin K (phylloquinone)		0 4.7	0	Z FLC	7		0 1.9		

Candies, M&M MARS Pretzel Chocolate Candies

	<u>Am our</u>	nt in 100 grams	Amount in edible portion of common measures of food					
		Number	•			<u>m</u>	easures of for	<u>oa</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Sto	I. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg	0.1	0	FLC	4		0.0		
Menaquinone-4µg								
I inide:								
Lipids:	8.986	0	FLC	4		3.594		
Fatty acids, total saturated	0.164	0	FLC	4		0.065		
6:0g	0.047	0	FLC	4		0.019		
8:0g	0.047	0	FLC	4		0.019		
10:0g	0.030	0	FLC	4		0.032		
10:0g 12:0g	0.536	0	FLC	4		0.038		
13:0	0.000	0	FLC	4		0.000		
13:0	0.688	0	FLC	4		0.000		
14:0g	0.000	0	FLC	4		0.000		
-	3.835	0	FLC	4		1.534		
16:0g 17:0g	0.007	0	FLC	4		0.003		
17:0g	3.444	0	FLC	4		1.378		
20:0g	0.036	0	FLC	4		0.015		
20:0g 22:0	0.003	0	FLC	4				
	0.003	0	FLC	4		0.001		
24:0g		0	FLC	4				
Fatty acids, total monounsaturatedg	3.302	0	FLC	4		1.321		
14:1g	0.000	0				0.000		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.200	•	FLC	4		0.080		
17:1g	0.000	0	FLC	4		0.000		
18:1 undifferentiatedg	3.102	0	FLC	4		1.241		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturatedg	1.014	0	FLC	4		0.406		
18:2 undifferentiatedg	0.910	0	FLC	4		0.364		
18:3 undifferentiatedg	0.104	0	FLC	4		0.041		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg	0.000	0	FLC	4		0.000		
20:3 undifferentiatedg	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.000	0	FLC	4		0.000		
Cholesterolmg	13	0	FLC	4		5		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	11	0	FLC	4		4		
Theobrominemg	126	0	FLC	4		50		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amou	int in 100	yr am s	or edl	vie portio	<u>'11</u>	Amount in edible portion of common			
			Nu	ım be i	r			measures of food			
			0	f Data	Deriv	Source (Confidence				
Nutrients and Un	its	Mean St	d. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Nati lonto alla oli		mean or	u. <u>1</u> 101					measure r	measure 2	Wedsare	
Proximates:											
Water	g	5.80	0.17	1 7		1		3.48	1.62		
Energy	kcal	436		0	NC	4		262	122		
Energy	kJ	1825		0	NC	4		1095	511		
Protein	g	2.60		1	MC	9		1.56	0.73		
Total lipid (fat)	g	12.75		1	MC	9		7.65	3.57		
Ash	g	1.07		0	FLC	4		0.64	0.30		
Carbohydrate, by difference	g	77.77		0	NC	4		46.66	21.78		
Fiber, total dietary	g	1.5		1	MC	9		0.9	0.4		
Sugars, total	g	66.89		1	MC	9		40.14	18.73		
Starch											
Minerals:		_				_					
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	54		1	MC	9		33	15		
Iron, Fe	-	0.67		1	MC	9		0.40	0.19		
Magnesium, Mg		29		2	a	1		17	8		
Phosphorus, P		69 133	51.92	0 8 3	FLC	4 1		42 80	19 37		
Potassium, K Sodium, Na	-	194	51.92	6 3 1	MC	9		117	54		
Zinc, Zn	-	0.55		2	МС	1		0.33	0.15		
Copper, Cu	-	0.155		2		1		0.093	0.043		
Manganese, Mn		0.160		1		1		0.095	0.045		
Selenium, Se		1.9		0	FLC	4		1.2	0.045		
Selemun, Se	µy	1.9		U	FLC	-		1.2	0.3		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.2		1	MC	9		0.1	0.1		
Thiamin	mg	0.034	0.00	2 3		1		0.020	0.010		
Riboflavin	mg	0.056		1	LC	8		0.034	0.016		
Niacin	-	0.230	0.03	5 3		1		0.138	0.064		
Pantothenic acid	-	0.231		1		1		0.139	0.065		
Vitamin B-6	mg	0.015		1		1		0.009	0.004		
Folate, total	µg	4		0	FLC	4		2	1		
Folic acid	µg	0		0	FLC	4		0	0		
Folate, food	µg	4		0	FLC	4		2	1		
Folate, DFE	µg	4		0	NC	4		2	1		
Choline, total	-	12.2		0	0	4		7.3	3.4		
Betaine											
Vitamin B-12		0.16		0	FLC	4		0.10	0.05		
Vitamin B-12, added		0.00		0	FLC	4		0.00	0.00		
Vitamin A, RAE		20		0	NC	4		12	6		
Retinol	· -	20		0	0	4		12	6		
Carotene, beta		0		0	FLC	4		0	0		
Carotene, alpha		0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		67		0	NC	4		40	19		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		1		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.98		0	FLC	4		0.59	0.27		
Vitamin E, added	-	0.00		0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta Tocotrienol, gamma											
, 0	-										
Tocotrienol, delta		0.0		0	z	7		0.0	0.0		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		2.9		0	FLC	4		1.8			
Vitamin K (phylloquinone) Dihydrophylloquinone		2.9		U	4TC	+		1.0	0.8		

	<u>Am</u>	ount in 10		Amount in edible portion of common measures of food					
			Number	•			<u> </u>	easures or roc	<u>ou</u>
						onfidence			
Nutrients and Units	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 8.6	16	1	MC	9		5.188	2.421	
4:0	g 0.2	L6	0	FLC	4		0.130	0.061	
6:0	g 0.0	78	0	FLC	4		0.047	0.022	
8:0	g 0.0	1 5	0	FLC	4		0.027	0.013	
10:0	g 0.0	35	0	FLC	4		0.051	0.024	
12:0	g 0.0	93	0	FLC	4		0.056	0.026	
13:0	g 0.0	00	0	FLC	4		0.000	0.000	
14:0	g 0.2	95	0	FLC	4		0.177	0.083	
15:0	g 0.0	33	0	FLC	4		0.020	0.009	
16:0	g 3.6	99	0	FLC	4		2.219	1.036	
17:0	g 0.0	39	0	FLC	4		0.024	0.011	
18:0	g 3.9	L1	0	FLC	4		2.347	1.095	
20:0	g 0.1	06	0	FLC	4		0.064	0.030	
22:0	g 0.0	1 1	0	FLC	4		0.025	0.012	
24:0	g 0.0	00	0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated	g 2.3	73	0	FLC	4		1.424	0.664	
14:1	g 0.0	08	0	FLC	4		0.005	0.002	
15:1	g 0.0	00	0	FLC	4		0.000	0.000	
16:1 undifferentiated	g 0.0	L7	0	FLC	4		0.010	0.005	
17:1	g 0.0	02	0	FLC	4		0.001	0.001	
18:1 undifferentiated	g 2.3	16	0	FLC	4		1.407	0.657	
20:1	g 0.0)1	0	FLC	4		0.001	0.000	
22:1 undifferentiated	g 0.0	00	0	FLC	4		0.000	0.000	
24:1 c	g 0.0	00	0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated	g 0.3	L6	0	FLC	4		0.190	0.088	
18:2 undifferentiated	g 0.3)6	0	FLC	4		0.184	0.086	
18:3 undifferentiated	g 0.0	LO	0	FLC	4		0.006	0.003	
18:4	g 0.0	00	0	FLC	4		0.000	0.000	
20:2 n-6 c,c	g 0.0	00	0	FLC	4		0.000	0.000	
20:3 undifferentiated	g 0.0	00	0	FLC	4		0.000	0.000	
20:4 undifferentiated	g 0.0	00	0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)	g 0.0	00	0	FLC	4		0.000	0.000	
21:5	g								
22:4									
22:5 n-3 (DPA)			0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)	g 0.0	00	0	FLC	4		0.000	0.000	
Fatty acids, total trans	-	29	1	MC	9		0.077	0.036	
Cholesterol			1	MC	9		3	1	
Phytosterols	mg								
Others:			_						
Alcohol, ethyl			0	FLC	4		0.0	0.0	
Caffeine			0	FLC	4		4	2	
Theobromine	mg 106		0	FLC	4		64	30	

Common Measures:

Measure 1 = 60g: 1 serving 2.13 oz bar Measure 2 = 28g: 1 serving 2 fun size bars

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	u gram s	ot edik	ie porti	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
				of Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	2.90	n	0	BFZN	4		0.64			
Energy		525		0	NC	4		116			
Energy		2197		0	NC	4		483			
Protein		6.3	5	1	MC	9		1.40			
Total lipid (fat)	_	28.68		1	MC	9		6.31			
Ash		1.70		0	BFZN	4		0.37			
Carbohydrate, by difference	_	60.3		0	NC	4		13.28			
Fiber, total dietary		9.1	•	1	MC	9		2.0			
Sugars, total		38.99	9	1	MC	9		8.58			
Starch		30.3		-		-		0.30			
	9										
Minerals:	ma	005		1	ма	0		217			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	985 3.18	R	1 1	MC MC	9 9		217 0.70			
Iron, Fe	_	3.18	U	1	MC	9		0.70			
Phosphorus, P											
Potassium, K											
Sodium, Na		8		1	MC	9		2			
Zinc, Zn	_										
Copper, Cu	_										
Manganese, Mn	_										
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	34.2		1	MC	9		7.5			
Thiamin				_		-		. • •			
Riboflavin	_										
Niacin	_										
Pantothenic acid	_										
Vitamin B-6	mg	1.30	64	1	LC	8		0.300			
Folate, total	µg	182		1	LC	8		40			
Folic acid	µg										
Folate, food	µg	182		1	LC	8		40			
Folate, DFE	µg										
Choline, total	mg										
Betaine	_										
Vitamin B-12		2.73	3	1	LC	8		0.60			
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta Vitamin A, IU		25		1	MC	9		5			
Lycopene		2.3		_	FIC	,		3			
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)		9.20	0	1	LC	8		2.02			
Tocopherol, beta				_	-	-					
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	µg										
Lipids:											
Fatty acids, total saturated	a	13.0	70	1	MC	9		2.875			

Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar

	<u>Am</u>	ount in 100	0grams Number		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg Fatty acids, total transg Cholesterolmg Phytosterolsmg	0.00	00	1	MC MC	9 9		0.000			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 serving 0.78 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole porti	<u>ion</u>		edible portion easures of fo	
				Number		_		<u> </u>	easures or ro	<u> </u>
							Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	a	0.7	0	0	BFZN	4		0.15		
Energy		539		0	NC	4		119		
Energy		2255		0	NC	4		496		
Protein		5.8	1	1	MC	9		1.28		
Total lipid (fat)	-	29.3	0	1	MC	9		6.45		
Ash		1.2		0	BFZN	4		0.26		
Carbohydrate, by difference		62.9		0	NC	4		13.86		
Fiber, total dietary		8.7		1	MC	9		1.9		
Sugars, total		39.1		1	MC	9		8.62		
Starch		33.1		-	110	_		0.02		
Starcii	9									
Minerals:										
Calcium, Ca	mg	1164		1	MC	9		256		
Iron, Fe		3.4	7	1	MC	9		0.76		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	<u>mg</u>	7		1	MC	9		2		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	42.6		1	MC	9		9.4		
Thiamin				_		_		J. 1		
Riboflavin	_									
Niacin	_									
Pantothenic acid										
Vitamin B-6	_	1.3	64	1	LC	8		0.300		
Folate, total		273		1	LC	8		60		
Folic acid		2.0		_		·				
Folate, food		273		1	LC	8		60		
Folate, DFE										
Choline, total										
Betaine	_									
Vitamin B-12		4.0	9	1	LC	8		0.90		
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha	· -									
Cryptoxanthin, beta										
Vitamin A, IU		31		1	MC	9		7		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		12.2	7	1	LC	8		2.70		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
<u>Lipids:</u>	_		0.0	_		_		<u> </u>		
Fatty acids, total saturated	9	15.7	U.S	1	MC	9		3.455		

Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar

	Amount in	100 grams of ed	Amount in edible po		
Nutrients and Units	Mean Std. Err	of Data Deriv or Points Code	Source Confidence Code Code	e Measure 1 Measu	re 2 Measure 3
Fatty acids, total monounsaturated	0.000	1 MC 1 MC	9 9	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 serving 0.78 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19897 Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds

		<u>Am</u>	ount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Num ber					easures of fo		
						Source (Confidence				
Nutrients and Un	ito	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Weali	3tu. 🗀 101	1 011113	Oouc	Jouc	oouc	weasure i	Weasure 2	Measure	
Proximates:											
Water	g	1.50	0	0	BFZN	4		0.42			
Energy	_	573		0	NC	4		160			
Energy		2395		0	NC	4		671			
Protein		9.5	1	1	MC	9		2.66			
Total lipid (fat)	_	37.0		1	MC	9		10.38			
Ash	-	1.70		0	BFZN	4		0.48			
Carbohydrate, by difference	-	50.2		0	NC	4		14.06			
Fiber, total dietary		10.4		1	MC	9		2.9			
Sugars, total		26.9		1	MC	9		7.54			
Starch		20.5	_	_	м			7.54			
	9										
Minerals:											
Calcium, Ca	-	840		1	MC	9		235			
Iron, Fe	-	3.50	6	1	MC	9		1.00			
Magnesium, Mg											
Phosphorus, P											
Potassium, K	-										
Sodium, Na	-	9		1	MC	9		2			
Zinc, Zn	-										
Copper, Cu											
Manganese, Mn											
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	27.3		1	MC	9		7.6			
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg	0.73	14	1	LC	8		0.200			
Folate, total	µg	143		1	LC	8		40			
Folic acid	µg										
Folate, food		143		1	LC	8		40			
Folate, DFE	µg										
Choline, total	-										
Betaine	-	_		_		_					
Vitamin B-12		2.14	4	1	LC	8		0.60			
Vitamin A, RAE		0		0	NC	4		0			
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta				_		•		_			
Vitamin A, IU		20		1	MC	9		5			
Lycopene											
Lutein + zeaxanthin		4.04	•			•		1 25			
Vitamin E (alpha-tocopherol)		4.82	2	1	LC	8		1.35			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3) Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	Amo	unt in 100 ·	grams umber	Amount in edible portion of common measures of food					
Nutrients and Units	Mean S	o Std. Error ^I				Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u> Fatty acids, total saturatedg	11.745		1	MC	9		3.289		
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg Fatty acids, total transg Cholesterolg	0.000		1	MC MC	9 9		0.000		

Common Measures:

Measure 1 = 28g: 1 serving 1oz pack

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10			ole porti	<u>on</u>		edible portion of easures of foo	
				Number					easures of for	<u>5a</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	1.9	0	0	BFZN	4		0.38		
Energy		517	o .	0	NC	4		103		
Energy		2164		0	NC	4		433		
0.		8.2	1	1		9		1.64		
Protein					MC					
Total lipid (fat)		26.2		1 0	MC	9		5.25		
Ash		1.6		-	BFZN			0.32		
Carbohydrate, by difference		62.0	6	0	NC	4		12.41		
Fiber, total dietary		7.8		1	MC	9		1.6		
Sugars, total		34.9	6	1	MC	9		6.99		
Starch	g									
Minerals:										
Calcium, Ca	mg	1070		1	MC	9		214		
Iron, Fe	<u>mg</u>	3.4	5	1	MC	9		0.69		
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	<u>mg</u>	40		1	MC	9		8		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	37.9		1	MC	9		7.6		
Thiamin										
Riboflavin	_									
Niacin	_									
Pantothenic acid	_									
Vitamin B-6	_	1.5	00	1	LC	8		0.300		
Folate, total		200		1	LC	8		40		
Folic acid										
Folate, food		200		1	LC	8		40		
Folate, DFE										
Choline, total										
Betaine	_									
Vitamin B-12	µg	3.0	0	1	LC	8		0.60		
Vitamin A, RAE										
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU		27		1	MC	9		5		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		10.1	3	1	LC	8		2.03		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	14.0	07	1	MC	9		2.801		
2 and across, total saturated			-	_		-		2.001		

Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar

	Amount in	00 grams of e	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro	of Data Deri or Points Cod		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	0.000	1 MC 1 MC	-		0.000			

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Common Measures:

Measure 1 = 20g: 1 serving 0.7 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	1.60	6	0	0	4		0.61	0.70	
Energy		520		1	MC	9		192	218	
Energy		2176		0	MC	9		805	914	
Protein		5.19	9	1	MC	9		1.92	2.18	
Total lipid (fat)		32.4	5	1	MC	9		12.01	13.63	
Ash	_	1.30	0	0	BFFN	4		0.48	0.55	
Carbohydrate, by difference	_	59.40	0	1	MC	9		21.98	24.95	
Fiber, total dietary		7.6		1	MC	9		2.8	3.2	
Sugars, total		46.2	7	1	MC	9		17.12	19.43	
Starch										
Minerals:										
Calcium, Ca	mg	37		1	MC	9		14	16	
Iron, Fe	_	3.18	В	1	MC	9		1.18	1.34	
Magnesium, Mg	_									
Phosphorus, P										
Potassium, K	mg									
Sodium, Na	<u>m</u> g	4		1	MC	9		1	2	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	_									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0	0.0	
Thiamin										
Riboflavin										
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE		124			140	•		40		
Vitamin A, IU		134		1	MC	9		49	56	
Lycopene										
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	a	19.20	09	1	MC	9		7.107	8.068	
Fatty acids, total monounsaturated.				_	-	-		7-7-	, .	
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.09	93	1	MC	9		0.034	0.039	
Cholesterol		7		1	MC	9		2	3	
Phytosterols	_									

Candies, MARS SNACKFOOD US, DOVE Dark Chocolate

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean

Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 serving 1.3 ozbar Measure 2 = 42g: 1 serving 7 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 100	grams	of edik	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Num ber					easures of foo	
						Source C	onfidence			
Nutrients and U	J nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	g	1.61		0	BFFN	4		0.59	0.64	
Energy		546		1	MC	9		202	218	
Energy		2282		0	MC	9		844	913	
Protein		5.94		1	MC	9		2.20	2.38	
Total lipid (fat)	g	31.72		1	MC	9		11.74	12.69	
Ash	g	0.95		0	0	4		0.35	0.38	
Carbohydrate, by difference	g	59.78		1	MC	9		22.12	23.91	
Fiber, total dietary		2.4		1	MC	9		0.9	1.0	
Sugars, total	g	55.45		1	MC	9		20.52	22.18	
Starch	g									
Minerals:										
Calcium, Ca	mg	160		1	MC	9		59	64	
Iron, Fe	-	1.11		1	MC	9		0.41	0.44	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •									
Phosphorus, P										
Potassium, K										
Sodium, Na	<u>mg</u>	63		1	MC	9		23	25	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	µg									
/itamins:										
Vitamin C, total ascorbic acid	<u>m</u> g	0.8		1	MC	9		0.3	0.3	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total	-									
Betaine	-									
Vitamin B-12 Vitamin A, RAE										
Vitamin A, IU		292		1	MC	9		108	117	
Lycopene		_,_		-		-				
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4										
-	F3									
<u>.ipids:</u> Fatty acids, total saturated	ď	19.24	.0	1	MC	9		7.119	7.696	
Fatty acids, total monounsaturated		17.21		-		-		, • ± ± 2	,.050	
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.24	.6	1	MC	9		0.091	0.098	
Cholesterol		18		1	MC	9		7	7	
Phytosterols				_	-	-				

Candies, MARS SNACKFOOD US, DOVE Milk Chocolate

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 I

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 serving 1.30 oz bar Measure 2 = 40g: 1 serving 5 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 42227 Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies

		AIII	ount in 10	u grains	or ean	Amount in edible portion of common				
				Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.52	2	0	FLC	4		0.93	1.06	4.91
Energy	kcal	522		0	NC	4		193	219	1018
Energy	kJ	2184		0	NC	4		808	917	4258
Protein	g	7.53	3	1	MC	9		2.79	3.16	14.69
Total lipid (fat)	g	27.76	5	1	MC	9		10.27	11.66	54.12
Ash	g	1.69)	0	FLC	4		0.63	0.71	3.30
Carbohydrate, by difference	g	60.50)	0	NC	4		22.39	25.41	117.98
Fiber, total dietary	g	5.6		1	MC	9		2.1	2.4	11.0
Sugars, total	g	49.22	2	1	MC	9		18.21	20.67	95.99
Starch	g									
Minerals:										
	ma	155			wa	•			C.F.	202
Calcium, Ca	-	155	,	1 1	MC	9 9		57 0.64	65 0.73	302
Iron, Fe	-	1.73 116	•	0	MC FLC	9 4		0.64 43	0.73 49	3.37 226
Magnesium, Mg		203		0	FLC	4		43 75	49 85	226 396
Phosphorus, P Potassium, K		381		0	FLC	4		75 141	160	742
Sodium, Na	-	45		1	MC	9		17	19	88
Zinc. Zn		1.86	;	0	FLC	4		0.69	0.78	3.62
Copper, Cu	•	0.55		0	FLC	4		0.204	0.232	1.07
Manganese, Mn		1.03		0	FLC	4		0.381	0.433	2.00
Selenium, Se		2.7		0	FLC	4		1.0	1.1	5.3
,										
Vitamins:										
Vitamin C, total ascorbic acid	-	0.6	_	1	MC	9		0.2	0.3	1.2
Thiamin	-	0.11		0	FLC	4		0.041	0.046	0.21
Riboflavin	-	0.32		1	LC	8		0.120	0.136	0.63
Niacin	-	0.95		1	LC	8		0.352	0.400	1.85
Pantothenic acid	-	0.28		0	FLC	4		0.106	0.120	0.55
Vitamin B-6	-	0.05	55	0	FLC	4		0.020	0.023	0.10
Folate, total		12		0	FLC	4		4	5	23
Folic acid		0		0	FLC	4		0	0	0
Folate, food		12		0	FLC	4		4	5	23
Folate, DFE		12		0	NC	4		4	5	23
Choline, total	-	37.7		0	0	4		14.0	15.9	73.6
Betaine		0.22		0	FLC	4		0.08	0.09	0.43
Vitamin B-12, added		0.22		0	FLC	4		0.08	0.09	0.43
Vitamin A, RAE		24	,	0	NC	4		9	10	46
Retinol		24		0	O	4		9	10	46
11011101		1		0	FLC	4		0	0	1
Carotene, beta Carotene, alpha		0		0	FLC	4		0	0	0
Cryptoxanthin, beta		0		0	FLC	4		0	0	0
Vitamin A, IU		80		0	NC	4		30	34	157
Lycopene		0		0	FLC	4		0	0	0
Lutein + zeaxanthin		0		0	FLC	4		0	0	1
Vitamin E (alpha-tocopherol)		9.52	•	0	FLC	4		3.52	4.00	18.56
Vitamin E, added		0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta		0.00	•	·	120	•		0.00	0.00	0.00
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0
Vitamin D		0		0	z	7		0	0	0
Vitamin K (phylloquinone)		2.0		0	FLC	4		0.8	0.9	4.0
Dihydrophylloquinone				-						
Menaquinone-4										

	<u>Am</u>	ount in 10	00 grams	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			Number					easures of foo		
					Source	Confidence				
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturatedg	9.4	35	1	MC	9		3.491	3.963	18.398	
4:0g	0.2		0	FLC	4		0.098	0.111	0.515	
6:0g	0.0		0	FLC	4		0.035	0.040	0.186	
8:0g	0.0		0	FLC	4		0.020	0.023	0.106	
10:0g	0.1		0	FLC	4		0.038	0.043	0.202	
12:0g	0.1		0	FLC	4		0.042	0.048	0.222	
13:0	0.0		0	FLC	4		0.000	0.000	0.000	
14:0g	0.3		0	FLC	4		0.129	0.146	0.679	
15:0	0.0		0	FLC	4		0.013	0.015	0.070	
16:0g	4.7	36	0	FLC	4		1.752	1.989	9.236	
17:0g	0.0	34	0	FLC	4		0.013	0.014	0.067	
18:0g	3.5	49	0	FLC	4		1.313	1.491	6.921	
20:0g	0.0	90	0	FLC	4		0.033	0.038	0.175	
22:0g	0.0	10	0	FLC	4		0.004	0.004	0.019	
24:0g										
Fatty acids, total monounsaturated	11.2	90	0	FLC	4		4.177	4.742	22.015	
14:1g	0.0	20	0	FLC	4		0.007	0.008	0.038	
15:1g	0.0	00	0	FLC	4		0.000	0.000	0.000	
16:1 undifferentiated	0.1	05	0	FLC	4		0.039	0.044	0.204	
17:1g	0.0	06	0	FLC	4		0.002	0.002	0.011	
18:1 undifferentiatedg	11.1	60	0	FLC	4		4.129	4.687	21.762	
20:1g	0.0	00	0	FLC	4		0.000	0.000	0.000	
22:1 undifferentiated	0.0	00	0	FLC	4		0.000	0.000	0.000	
Fatty acids, total polyunsaturatedg	3.7	53	0	FLC	4		1.389	1.576	7.319	
18:2 undifferentiated	3.7		0	FLC	4		1.384	1.571	7.295	
18:3 undifferentiated	0.0		0	FLC	4		0.005	0.005	0.024	
18:4	0.0		0	FLC	4		0.000	0.000	0.000	
20:2 n-6 c,cg	0.0		0	FLC	4		0.000	0.000	0.000	
20:3 undifferentiatedg	0.0		0	FLC	4		0.000	0.000	0.000	
20:4 undifferentiatedg	0.0		0	FLC	4		0.000	0.000	0.000	
20:5 n-3 (EPA)g	0.0		0	FLC	4		0.000	0.000	0.000	
21:5g										
22:4g										
22:5 n-3 (DPA)g	0.0	00	0	FLC	4		0.000	0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0	FLC	4		0.000	0.000	0.000	
Fatty acids, total transg	0.0	72	1	MC	9		0.027	0.030	0.140	
Cholesterolmg	8		1	MC	9		3	3	16	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	0.0	
Caffeinemg	7		0	FLC	4		3	3	14	
Theobrominemg	73		0	FLC	4		27	31	142	

Common Measures:

Measure 1 = 37g: 1 serving 1.31 oz bag Measure 2 = 42g: 1 serving about 1/4 cup

Measure 3 = 195g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am c</u>	ount in 10	0 grams	of edik	le portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source (Confidence			_
Nutrients and U	Inita	Mean S	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Nutrients and C	mits	wean 3	sta. Error	TOINTS	Oout	Oouc	oouc	weasure 1	weasure 2	weasure.
Proximates:										
Water	g	1.70		0	BFZN	4		0.80		
Energy		475		1	MC	9		223		
Energy		1987		0	MC	9		934		
Protein		4.28		1	MC	9		2.01		
Total lipid (fat)		19.32		1	MC	9		9.08		
Ash	g	1.63		0	BFZN	4		0.77		
Carbohydrate, by difference	_	72.40		1	MC	9		34.03		
Fiber, total dietary		2.0		1	MC	9		0.9		
Sugars, total		58.94		1	MC	9		27.70		
Starch										
Minerals:										
Calcium, Ca	ma	90		1	MC	9		42		
Iron, Fe	_	0.86		1	MC	9		0.40		
Magnesium, Mg	_				-					
Phosphorus, P										
Potassium, K										
Sodium, Na		136		1	MC	9		64		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mα	0.5		1	MC	9		0.2		
Thiamin		***		_		•		0.2		
Riboflavin										
Niacin	_									
Pantothenic acid	_									
Vitamin B-6										
Folate, total										
Folate, DFE										
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU	<u>JU</u>	167		1	MC	9		79		
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
1-10-10quilloiic-7										
Lipids:										
Fatty acids, total saturated		11.651	L	1	MC	9		5.476		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.131	L	1	MC	9		0.062		
Cholesterol	mg	12		1	MC	9		5		
Phytosterols	mq									

Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 serving 1.6 oz bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19157 Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies

		<u>An</u>	Amount in edible portion of common								
				Number				measures of food			
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	1.1	9	0	FLM	4		0.36	0.18	0.65	
Energy		502	-	1	MC	9		151	75	276	
Energy		2102		0	MC	9		631	315	1156	
		4.7	0	1	MC	9		1.43	0.72	2.63	
Protein											
Total lipid (fat)		23.3		1	MC	9		7.01	3.50	12.85	
Ash		1.4		0	FLM	4		0.42	0.21	0.77	
Carbohydrate, by difference		68.4		1	MC	9		20.52	10.26	37.62	
Fiber, total dietary		2.7		1	MC	9		0.8	0.4	1.5	
Sugars, total	g	62.5	4	1	MC	9		18.76	9.38	34.40	
Starch	g										
Minerals:											
Calcium, Ca	ma	116		1	MC	9		35	17	64	
Iron, Fe	_	1.2	3	1	MC	9		0.37	0.18	0.68	
Magnesium, Mg	_	1.2	5	_	МС	,		0.37	0.10	0.68	
Phosphorus, P											
Potassium, K		60		1	MC	•		20	10	27	
Sodium, Na	_	68		1	МС	9		20	10	37	
Zinc, Zn	_										
Copper, Cu											
Manganese, Mn											
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.6		1	MC	9		0.2	0.1	0.3	
Thiamin											
Riboflavin	_										
Niacin	_										
Pantothenic acid	_										
Vitamin B-6	_										
Folate, total	_										
Folic acid		0		0	z	7		0	0	0	
Folate, food		-			_	-		-	·	·	
Folate, DFE											
Choline, total											
Betaine											
	_										
Vitamin B-12											
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta		224		_		•		4.5	2.4	100	
Vitamin A, IU		224		1	MC	9		67	34	123	
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)	µg										
Dihydrophylloquinone	µg										
Menaquinone-4	µg										
Linida											
Lipids:	a	14.4	66	1	MC	9		4 240	2 170	7.95	
Fatty acids, total saturated	y	14.4	00	1	MC	9		4.340	2.170	7.95	

Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies

	<u>Am ount</u>	t in 100 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std.		Deriv	Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.184 15	1	MC MC	9 9		0.055 4	0.028 2	0.101 8
Others:gAlcohol, ethyl								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving 1.0 oz tube Measure 2 = 15.0g: 1 serving 0.50 oz box Measure 3 = 55g: 1 serving 1 1.94 oz tube

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19141 Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies

		Amount in	ioo gram s	oredi	vie portion	Amount in edible portion of common measures of food			
			Number	r					
			of Data	Deriv	Source Confidence	е			
Nutrients and Un	its	Mean Std. Err	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Proximates:	_							2.54	
Water	-	1.70	0 1	MC	9	0.82	0.71	3.54	
Energy		492		MC	9	236	207	1023	
Energy		2057	0 1	MC	9 9	987 2.08	864	4279	
Protein		4.33 21.13	1	MC MC	9	10.14	1.82	9.01	
Total lipid (fat)		1.63	0	MC	9	0.78	8.87	43.94 3.39	
Ash Carbohydrate, by difference	_	71.19	1	MC	9	34.17	0.68 29.90	148.06	
Fiber, total dietary		2.8	1	MC	9	1.3	1.2	5.8	
-		63.68	1	MC	9	30.56	26.74	132.44	
Sugars, total		03.00	1	МС	,	30.36	26.74	132.44	
Starcn	y								
Minerals:									
Calcium, Ca	-	105	1	MC	9	50	44	218	
Iron, Fe		1.11	1	MC	9	0.53	0.47	2.31	
Magnesium, Mg		44	0	FLM	4 4	21 70	18 61	91	
Phosphorus, P Potassium, K		146 261	0	FLM FLM	4	70 125	110	303 543	
Sodium, Na	-	61	1	MC	9	30	26	128	
Zinc, Zn		1.61	0	FLM	4	0.77	0.68	3.35	
Copper, Cu	-	0.344	0	FLM	4	0.165	0.144	0.71	
Manganese, Mn		0.329	0	FLM	4	0.158	0.138	0.68	
Selenium, Se		3.3	0	FLM	4	1.6	1.4	6.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.5	1	MC	9	0.2	0.2	1.0	
Thiamin	-	0.079	0	FLM	4	0.038	0.033	0.16	
Riboflavin	-	0.213	0	FLM	4	0.102	0.090	0.44	
Niacin	-	0.270	0	FLM	4	0.129	0.113	0.56	
Pantothenic acid	-	0.330	0	FLM	4	0.158	0.139	0.68	
Vitamin B-6	mg	0.025	0	FLM	4	0.012	0.010	0.05	
Folate, total	µg	8	0	FLM	4	4	3	17	
Folic acid	µg	0	0	FLM	4	0	0	0	
Folate, food	µg	8	0	FLM	4	4	3	16	
Folate, DFE		8	0	NC	4	4	3	16	
Choline, total		21.7	2	A	1	10.4	9.1	45.2	
Betaine		0.8	2	A	1	0.4	0.4	1.7	
Vitamin B-12		0.53	0	FLM	4	0.25	0.22	1.10	
Vitamin B-12, added		0.00	0	FLM	4	0.00	0.00	0.00	
Vitamin A, RAE		56 56	0	NC O	4 4	27 27	24 24	116 116	
Retinol Carotene, beta		0	0	FLM	4	0	0	0	
Carotene, alpha		0	0	FLM	4	0	0	0	
Cryptoxanthin, beta		0	0	FLM	4	0	0	0	
Vitamin A, IU		187	0	NC	4	90	78	388	
Lycopene		0	0	FLM	4	0	0	0	
Lutein + zeaxanthin		0	0	NR	4	0	0	0	
Vitamin E (alpha-tocopherol)		0.36	0	FLM	4	0.17	0.15	0.74	
Vitamin E, added		0.00	0	FLM	4	0.00	0.00	0.00	
Tocopherol, beta	g	0.00	0	FLM	4	0.00	0.00	0.00	
Tocopherol, gamma	g	0.64	0	FLM	4	0.31	0.27	1.34	
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta		0.0	^	_	7	2 2	2.2		
Vitamin D (D2 + D3)		0.0 0	0	z z	7 7	0.0	0.0	0.0	
Vitamin D		4.0	0	Z FLM	4	1.9	0 1.7	0 8.3	
Vitamin K (phylloquinone)		∓. ∪	U	t Pig	7	1.3	1./	0.3	
Dihydrophylloquinone Menaquinone-4									

		<u>An</u>	ount in 10	0 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source Co	nfidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	13.0	80	0	NC	4		6.278	5.494	27.206
4:0	-	0.4	:62	0	FLM	4		0.222	0.194	0.960
6:0	g	0.1	.67	0	FLM	4		0.080	0.070	0.347
8:0	g	0.0	95	0	FLM	4		0.046	0.040	0.199
10:0	g	0.1	.81	0	FLM	4		0.087	0.076	0.377
12:0	g	0.1	.99	0	FLM	4		0.095	0.083	0.413
13:0	g	0.0	00	0	FLM	4		0.000	0.000	0.000
14:0	g	0.6	09	0	FLM	4		0.292	0.256	1.267
15:0	g	0.0	63	0	FLM	4		0.030	0.026	0.131
16:0	g	5.4	:65	0	FLM	4		2.623	2.295	11.368
17:0	g	0.0	60	0	FLM	4		0.029	0.025	0.125
18:0	g	5.6	05	0	FLM	4		2.690	2.354	11.658
20:0	g	0.1	.57	0	FLM	4		0.076	0.066	0.327
22:0	g	0.0	17	0	FLM	4		0.008	0.007	0.035
24:0	g	0.0	00	0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g	5.1	.83	0	NC	4		2.488	2.177	10.782
14:1	g	0.0	77	0	FLM	4		0.037	0.032	0.161
15:1	g	0.0	00	0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated	g	0.1	.47	0	FLM	4		0.071	0.062	0.306
17:1	g	0.0	22	0	FLM	4		0.010	0.009	0.045
18:1 undifferentiated	g	4.9	37	0	FLM	4		2.370	2.074	10.270
20:1	g	0.0	00	0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated	g	0.0	00	0	FLM	4		0.000	0.000	0.000
24:1 c	g	0.0	00	0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.9	21	0	NC	4		0.442	0.387	1.917
18:2 undifferentiated	g	0.8	64	0	FLM	4		0.415	0.363	1.797
18:3 undifferentiated	g	0.0	57	0	FLM	4		0.028	0.024	0.119
18:4	g	0.0	00	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c	g	0.0	00	0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated	g	0.0	00	0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated	g	0.0	00	0	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.0	00	0	FLM	4		0.000	0.000	0.000
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.0	00	0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA)		0.0		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans		0.1	.67	1	MC	9		0.080	0.070	0.347
Cholesterol		14		1	MC	9		7	6	28
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine	mg	14		0	FLM	4		7	6	29
Theobromine	mg	143		0	FLM	4		69	60	298

Common Measures:

Measure 1 = 48g: 1 package (1.69 oz)

Measure 2 = 42g: 1 box (1.48 oz)

Measure 3 = 208g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 42148 Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies Masterfoods USA

		An	ount in 10	Amount in edible portion of common							
				Number				measures of food			
						Source (Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Dog Contact											
Proximates: Water	a	2.0	0	1		4		0.92	4.06	0.04	
Energy		529		1	MC	9		243	1074	12	
Energy		2214		0	MC	9		1019	4495	49	
Protein		10.1	.6	1	MC	9		4.67	20.62	0.22	
Total lipid (fat)	-	29.3		1	MC	9		13.49	59.52	0.65	
Ash		1.7		0	FLC	4		0.80	3.55	0.04	
Carbohydrate, by difference		56.8		1	MC	9		26.17	115.49	1.25	
Fiber, total dietary		4.0		1	MC	9		1.8	8.1	0.1	
Sugars, total		47.1		1	MC	9		21.69	95.71	1.04	
Starch		-/	.5	_		-			33.71		
Statem	9										
Minerals:											
Calcium, Ca	-	88		1	MC	9		41	179	2	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.0	6	1	MC	9		0.49	2.16	0.02	
Magnesium, Mg	-	81		0	FLC	4		37	165	2	
Phosphorus, P		191		0	FLC	4		88	388	4	
Potassium, K		330		0	FLC	4		152	671	7	
Sodium, Na	-	213	•	1	MC	9		98	431	5	
Zinc, Zn	-	1.4		0	FLC	4 4		0.69	3.02	0.03	
Copper, Cu		0.4		0	FLC FLC	4		0.208 0.443	0.918 1.956	0.01 0.02	
Manganese, Mn		2.8		0	FLC	4		1.3	5.7	0.02	
Selenium, Se	µg	2.0		U	FLC	4		1.3	5.7	0.1	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5	i	1	MC	9		0.2	1.0	0.0	
Thiamin	mg	0.1	.52	0	FLC	4		0.070	0.309	0.00	
Riboflavin	mg	0.0	74	1	LC	8		0.034	0.149	0.00	
Niacin	mg	4.3	29	1	LC	8		1.991	8.788	0.09	
Pantothenic acid	-	0.6		0	FLC	4		0.277	1.224	0.01	
Vitamin B-6	mg	0.0	95	0	FLC	4		0.044	0.193	0.00	
Folate, total		45		0	FLC	4		21	91	1	
Folic acid		0		0	FLC	4		0	0	0	
Folate, food		45		0	FLC	4		21	91	1	
Folate, DFE		45		0	NC	4		21	91	1	
Choline, total	-	37.5	i	0	0	4		17.2	76.1	0.8	
Betaine			•								
Vitamin B-12		0.1		0	FLC	4		0.09	0.39	0.00	
Vitamin B-12, added		0.0	10	0	FLC	4		0.00	0.00	0.00 1	
Vitamin A, RAE		28 28		0	NC O	4		13 13	56	1	
Retinol		28		0	FLC	4		0	56 0	0	
Carotene, beta		0		0	FLC	4		0	0	0	
Carotene, alpha		0		0	FLC	4		0	0	0	
Cryptoxanthin, beta Vitamin A, IU		92		0	NC	4		42	187	2	
		0		0	FLC	4		0	0	0	
LycopeneLutein + zeaxanthin		0		0	FLC	4		0	0	0	
Vitamin E (alpha-tocopherol)		1.2	:6	0	FLC	4		0.58	2.56	0.03	
Vitamin E, added		0.0		0	FLC	4		0.00	0.00	0.00	
Tocopherol, beta		3.0	-	v	- 20	-		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		5.9		0	FLC	4		2.7	11.9	0.1	
Dihydrophylloquinone											
Menaquinone-4											

		Am	ount in 10	0 grams	of edi	Amount in edible portion of common						
				Number	•			<u>m</u>	measures of food			
				of Data	Deriv	Source	Confidence					
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Lipids:												
Fatty acids, total saturated	g	18.4	85	1	MC	9		8.503	37.525	0.407		
4:0	g	0.1	53	0	FLC	4		0.070	0.311	0.003		
6:0	g	0.1	01	0	FLC	4		0.046	0.205	0.002		
8:0	g	0.6	26	0	FLC	4		0.288	1.271	0.014		
10:0	g	0.5	37	0	FLC	4		0.247	1.091	0.012		
12:0	g	6.6	11	0	FLC	4		3.041	13.421	0.145		
13:0	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
14:0	g	2.4	65	0	FLC	4		1.134	5.005	0.054		
15:0	g	0.0	19	0	FLC	4		0.009	0.039	0.000		
16:0	g	2.9	54	0	FLC	4		1.359	5.997	0.065		
17:0	g	0.0	19	0	FLC	4		0.009	0.038	0.000		
18:0	g	4.9	04	0	FLC	4		2.256	9.954	0.108		
20:0	g	0.0	88	0	FLC	4		0.041	0.179	0.002		
22:0	g	0.0	05	0	FLC	4		0.002	0.011	0.000		
24:0	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
Fatty acids, total monounsaturated	ig	4.4	48	0	FLC	4		2.046	9.029	0.098		
14:1	g	0.0	42	0	FLC	4		0.019	0.084	0.001		
15:1	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
16:1 undifferentiated	g	0.0	79	0	FLC	4		0.036	0.160	0.002		
17:1	g	0.0	12	0	FLC	4		0.005	0.024	0.000		
18:1 undifferentiated	g	4.3	14	0	FLC	4		1.984	8.757	0.095		
20:1	g	0.0	02	0	FLC	4		0.001	0.004	0.000		
22:1 undifferentiated	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
24:1 c	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
Fatty acids, total polyunsaturated.	g	0.5	42	0	FLC	4		0.249	1.099	0.012		
18:2 undifferentiated	g	0.5	15	0	FLC	4		0.237	1.046	0.011		
18:3 undifferentiated	g	0.0	26	0	FLC	4		0.012	0.053	0.001		
18:4	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
20:2 n-6 c,c	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
20:3 undifferentiated	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
20:4 undifferentiated	g	0.0		0	FLC	4		0.000	0.000	0.000		
20:5 n-3 (EPA)	g	0.0	00	0	FLC	4		0.000	0.000	0.000		
21:5	g											
22:4	g											
22:5 n-3 (DPA)	g	0.0		0	FLC	4		0.000	0.000	0.000		
22:6 n-3 (DHA)		0.0		0	FLC	4		0.000	0.000	0.000		
Fatty acids, total trans		0.2	10	1	MC	9		0.097	0.426	0.005		
Cholesterol		7		1	MC	9		3	14	0		
Phytosterols	mg											
Others:												
Alcohol, ethyl	_	0.0		0	FLC	4		0.0	0.0	0.0		
Caffeine	-	6		0	FLC	4		3	12	0		
Theobromine	mg	63		0	FLC	4		29	128	1		

Common Measures:

Measure 1 = 46g: 1 serving 1.63 oz singles bag

Measure 2 = 203g: 1 cup Measure 3 = 2.2g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	υ gram s	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				measures of food			
						Source C	onfidence				
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		2.48	3	0	FLM	4		1.34	0.45	0.50	
Energy	kcal	515		1	MC	9		278	93	103	
Energy	kJ	2156		0	MC	9		1164	388	431	
Protein	g	9.5	7	1	MC	9		5.17	1.72	1.91	
Total lipid (fat)	g	26.13	3	1	MC	9		14.11	4.70	5.23	
Ash	g	1.4	1	0	FLM	4		0.78	0.26	0.29	
Carbohydrate, by difference	g	60.48	3	1	MC	9		32.66	10.89	12.10	
Fiber, total dietary	g	3.7		1	MC	9		2.0	0.7	0.7	
Sugars, total	g	50.7	5	1	MC	9		27.40	9.13	10.15	
Starch											
Minerals:											
Calcium, Ca	ma	102		1	MC	9		55	18	20	
Iron, Fe	_	1.10	5	1	MC	9		0.63	0.21	0.23	
Magnesium, Mg	_	69		0	FLM	4		37	12	14	
Phosphorus, P		190		0	FLM	4		103	34	38	
Potassium, K		347		0	FLM	4		188	63	69	
Sodium, Na	_	50		1	MC	9		27	9	10	
Zinc, Zn	_	1.70	5	0	FLM	4		0.95	0.32	0.35	
Copper, Cu	_	0.50)5	0	FLM	4		0.273	0.091	0.10	
Manganese, Mn	mg	0.60	54	0	FLM	4		0.359	0.120	0.13	
Selenium, Se		4.1		0	FLM	4		2.2	0.7	0.8	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0	0.0	0.0	
Thiamin	_	0.00	53	2	LC	8		0.034	0.011	0.01	
Riboflavin	mg	0.10	06	2	LC	8		0.057	0.019	0.02	
Niacin	mg	3.30	52	2	LC	8		1.815	0.605	0.67	
Pantothenic acid	mg	0.63	27	0	FLM	4		0.339	0.113	0.12	
Vitamin B-6	mg	0.09	90	0	FLM	4		0.048	0.016	0.01	
Folate, total	µg	55		0	FLM	4		30	10	11	
Folic acid	µg	0		0	FLM	4		0	0	0	
Folate, food	µg	55		0	FLM	4		30	10	11	
Folate, DFE	µg	55		0	NC	4		30	10	11	
Choline, total	mg	37.3		0	0	4		20.1	6.7	7.5	
Betaine											
Vitamin B-12		0.3		0	FLM	4		0.18	0.06	0.06	
Vitamin B-12, added		0.00)	0	FLM	4		0.00	0.00	0.00	
Vitamin A, RAE		22		0	NC	4		12	4	4	
Retinol		22		0	0	4		12	4	4	
Carotene, beta		0		0	FLM	4		0	0	0	
Carotene, alpha		0		0	FLM	4		0	0	0	
Cryptoxanthin, beta		0		0	FLM	4		0	0	0	
Vitamin A, IU		74		0	NC	4		40	13	15	
Lycopene		0		0	FLM	4		0	0	0	
Lutein + zeaxanthin		0	_	0	FLM	4		0	0	0	
Vitamin E (alpha-tocopherol)		2.8		0	FLM	4		1.54	0.51	0.57	
Vitamin E, added	_	0.00	J	0	FLM	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, gamma	_										
Tocotrienol, gamma Tocotrienol, delta	_										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
		3.0		0	FLM	4		1.6	-	0.6	
Vitamin K (phylloquinone)		3.0		U	4 PM	*		1.0	0.5	0.6	
Dihydrophylloquinone	µg										

	<u>Am</u>	ount in 10	00 grams	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of foo	<u>od</u>	
					Source	Confidence				
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated	g 10.10	59	1	MC	9		5.491	1.830	2.034	
4:0	g 0.30	00	0	FLM	4		0.162	0.054	0.060	
6:0	g 0.10	8	0	FLM	4		0.059	0.020	0.022	
8:0		52	0	FLM	4		0.033	0.011	0.012	
10:0	g 0.13	.8	0	FLM	4		0.064	0.021	0.024	
12:0	g 0.12	29	0	FLM	4		0.070	0.023	0.026	
13:0	g 0.00	00	0	FLM	4		0.000	0.000	0.000	
14:0	•		0	FLM	4		0.217	0.072	0.080	
15:0	g 0.04	1	0	FLM	4		0.022	0.007	0.008	
16:0	=		0	FLM	4		2.598	0.866	0.962	
17:0	•		0	FLM	4		0.021	0.007	0.008	
18:0			0	FLM	4		2.111	0.704	0.782	
20:0			0	FLM	4		0.055	0.018	0.020	
22:0	•		0	FLM	4		0.006	0.002	0.002	
24:0	-		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total monounsaturated	-	36	0	FLM	4		4.367	1.456	1.617	
14:1	=	_								
15:1	•		0	FLM	4		0.000	0.000	0.000	
16:1 undifferentiated	•		0	FLM	4		0.033	0.011	0.012	
17:19	-		0	FLM	4		0.005	0.002	0.002	
18:1 undifferentiated	-		0	FLM	4		4.241	1.414	1.571	
20:1			0	FLM	4		0.071	0.024	0.026	
22:1 undifferentiated			0	FLM	4		0.000	0.000	0.000	
24:1 c	=		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated			0	FLM	4		1.866	0.622	0.691	
18:2 undifferentiated	-		0	FLM	4		1.855	0.618	0.687	
18:3 undifferentiated	=		0	FLM	4		0.011	0.004	0.004	
18:4	-		0	FLM	4		0.000	0.000	0.000	
20:2 n-6 c,c			0	FLM FLM	4 4		0.000	0.000	0.000	
20:3 undifferentiated	•		0		4		0.000	0.000	0.000	
20:4 undifferentiated			0	FLM FLM	4		0.000	0.000	0.000	
20:5 n-3 (EPA)	•	,,,	U	FLM	4		0.000	0.000	0.000	
21:5	-									
22:5 - 2 (DDA)	•	١٥.	0	FLM	4		0.000	0.000	0.000	
22:5 n-3 (DPA)	•		0	FLM	4		0.000	0.000	0.000	
22:6 n-3 (DHA)	•		0	MC	9		0.000	0.059	0.066	
Cholesterol	•	.0	1	MC	9		4	1	2	
Phytosterols				ис	,		-	_	2	
•	a									
Others:										
Alcohol, ethylQ	-		0	FLM	4		0.0	0.0	0.0	
Caffeiner			0	FLM	4		6	2	2	
Theobrominer	mg 108		0	FLM	4		58	19	22	

Common Measures:

Measure 1 = 54g: 1 serving 1 singles bag Measure 2 = 18g: 1 package fun size

Measure 3 = 20g: 10 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amou	ınt in 100	grams	oreall	vie portio	<u> </u>	Amount in e	dible portion	of common
				Num ber				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	ite	Mean St	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Nutrients and or	1113	Weari St	а. Бтог					weasure i	Wicasule 2	Wieasure
Proximates:										
Water	g	4.50		2		1		2.25		
Energy	kcal	467		0	NC	4		234		
Energy		1954		0		4		977		
Protein		8.10		2		1		4.05		
Total lipid (fat)	g	23.00		2		1		11.50		
Ash	-	1.60		2		1		0.80		
Carbohydrate, by difference	g	62.70		0	NC	4		31.35		
Fiber, total dietary		2.0		0	FLA	4		1.0		
Sugars, total		52.10		1	LC	8		26.05		
Starch										
Staron										
Minerals:										
Calcium, Ca	-	168		2		1		84		
Iron, Fe		1.10		2		1		0.55		
Magnesium, Mg		72		1		1		36		
Phosphorus, P		234		0	FLA	4		117		
Potassium, K	_	325		2		1		163		
Sodium, Na		170		1		1		85		
Zinc, Zn	-	1.11		1		1		0.56		
Copper, Cu		0.250		1		1		0.125		
Manganese, Mn	-	0.367		0	FLA	4		0.184		
Selenium, Se	µg	1.6		0	FLA	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.7		0	FLA	4		0.4		
Thiamin	_	0.041		2		1		0.021		
Riboflavin		0.312		2		1		0.156		
Niacin	-	0.945		2		1		0.473		
Pantothenic acid	-	0.404		0	FLA	4		0.202		
Vitamin B-6	_	0.060		0	FLA	4		0.030		
Folate, total	-	9		0	FLC	4		5		
Folic acid		0		0	FLC	4		0		
Folate, food		9		0	FLC	4		5		
Folate, DFE		9		0	NC	4		5		
Choline, total		37.1		0	0	4		18.6		
Betaine	-			_	_	=				
Vitamin B-12		0.36		0	FLA	4		0.18		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		15		0	NC	4		7		
Retinol		15		0	FLC	4		7		
Carotene, beta		1		0	FLC	4		1		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		51		0	NC	4		26		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		7.75		0	FLC	4		3.88		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta	-	0.00		Ū	_	•		3.00		
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0		0	Z	7		0		
Vitamin D Vitamin K (phylloquinone)		10.9		0	FLC	4		5.4		
Dihydrophylloquinone		10.9		U	PIC	7		J. I		

	<u>Amount i</u>	n 100 grams	of edi	ble portion	<u>1</u>		edible portion	
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	7.268	0	FLA	4		3.634		
4:0g	0.165	0	FLA	4		0.083		
6:0g	0.081	0	FLA	4		0.041		
8:0g	0.054	0	FLA	4		0.027		
10:0g	0.164	0	FLA	4		0.082		
12:0g	0.294	0	FLA	4		0.147		
13:0g								
14:0g	0.637	0	FLA	4		0.319		
15:0g								
16:0g	3.516	0	FLA	4		1.758		
17:0g								
18:0g	2.192	0	FLA	4		1.096		
20:0g								
22:0g								
24:0g		_		_				
Fatty acids, total monounsaturatedg	10.693	0	FLA	4		5.347		
14:1g								
15:1g		_		_				
16:1 undifferentiatedg	0.215	0	FLA	4		0.108		
17:1g								
18:1 undifferentiated	10.315	0	FLA	4		5.158		
20:1g	0.009	0	FLA	4		0.005		
22:1 undifferentiatedg	0.000	0	FLA	4		0.000		
24:1 cg	2 000	0						
Fatty acids, total polyunsaturatedg	3.980 3.700	0	FLA FLA	4		1.990 1.850		
18:2 undifferentiatedg 18:3 undifferentiatedg	0.261	0	FLA	4		0.131		
	0.261	0	FLA	4		0.131		
18:4g	0.000	U	FLA	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:3 undifferentiatedg	0.000	0	FLA	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLA	4		0.000		
` ,	0.000	U	FLIA	-		0.000		
21:5g 22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLA	4		0.000		
Fatty acids, total trans	0.000	U	LUA	-		0.000		
Cholesterolg	17	0	FLA	4		9		
Phytosterolsmg	1/	U	гLА	7		,		
•								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeinemg	4	0	FLA	4		2		
Theobrominemg	29	0	FLA	4		15		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 bar (1.76 oz)

Calories Factors: Protein 3.7 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Am o</u>	unt in 100 gr			ble portio	<u>on</u>		edible portion	
				ber		_		<u>m</u>	easures of foo	<u>Ju</u>
						Source (Confidence			
Nutrients and Uni	ts	Mean S	td. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.30	0.113	5	A	1		3.65	1.07	0.52
Energy	kcal	456		0	NC	4		264	77	37
Energy	kJ	1907		0	NC	4		1106	324	156
Protein	g	4.01		0	MC	9		2.32	0.68	0.33
Total lipid (fat)	g	17.23		1	MC	9		9.99	2.93	1.41
Ash	g	1.30	0.028	4	A	1		0.75	0.22	0.11
Carbohydrate, by difference	g	71.17		0	NC	4		41.28	12.10	5.84
Fiber, total dietary	g	1.0		1	MC	9		0.6	0.2	0.1
Sugars, total	g	59.69		1	MC	9		34.62	10.15	4.89
Starch	g									
Minerals:										
Calcium, Ca	mg	115		1	MC	9		67	20	9
Iron, Fe	_	0.49		1	MC	9		0.28	0.08	0.04
Magnesium, Mg		20		0	FLA	4		12	3	2
Phosphorus, P	mg	67		0	FLA	4		39	11	6
Potassium, K	mg	124		0	FLA	4		72	21	10
Sodium, Na	<u>mg</u>	167		1	MC	9		97	28	14
Zinc, Zn	mg	0.69		0	FLA	4		0.40	0.12	0.06
Copper, Cu	mg	0.147		0	FLA	4		0.085	0.025	0.012
Manganese, Mn		0.147		0	FLA	4		0.085	0.025	0.012
Selenium, Se	µg	2.0		0	FLA	4		1.2	0.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	MC	9		0.4	0.1	0.1
Thiamin	mg	0.046		0	FLA	4		0.027	0.008	0.004
Riboflavin	mg	0.103		0	FLA	4		0.060	0.018	0.008
Niacin	mg	0.154		0	FLA	4		0.089	0.026	0.013
Pantothenic acid	_	0.155		0	FLA	4		0.090	0.026	0.013
Vitamin B-6	_	0.014		0	FLA	4		0.008	0.002	0.001
Folate, total		4		0	FLA	4		2	1	0
Folic acid		0		0	FLA	4		0	0	0
Folate, food		4 4		0	FLA NC	4 4		2	1	0
Folate, DFE		16.5		0	O	4		2 9.6	1 2.8	-
Choline, total Betaine	_	10.5		U	U	4		9.6	2.8	1.4
Vitamin B-12		0.18		0	FLA	4		0.11	0.03	0.01
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		31		0	NC	4		18	5	3
Retinol		31		0	FLA	4		18	5	3
Carotene, beta		4		0	FLA	4		2	1	0
Carotene, alpha		0		0	FLA	4		0	0	0
Cryptoxanthin, beta		0		0	FLA	4		0	0	0
Vitamin A, IU	JU	110		0	NC	4		64	19	9
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.89		0	FLA	4		0.52	0.15	0.07
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta Vitamin D (D2 + D3)		0.4		0	NR	4		0.2	0.1	0.0
Vitamin D		16		0	FLA	4		9	3	1
Vitamin K (phylloquinone)		3.6		0	FLA	4		2.1	0.6	0.3
Dihydrophylloquinone		3.3		-		•		2.1	0.0	0.5
Menaquinone-4										

		<u>Am</u>	ount in 10	00 grams	of edi	ble portic	<u>on</u>	Amount in e	edible portion	of common_
				Number	•			<u>m</u>	easures of foo	<u>od</u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Erroi				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	12.0	L6	1	MC	9		6.969	2.043	0.985
4:0	-	0.18	32	0	FLA	4		0.106	0.031	0.015
6:0	g	0.09	3	0	FLA	4		0.054	0.016	0.008
8:0	g	0.30)1	0	FLA	4		0.175	0.051	0.025
10:0	-	0.33	35	0	FLA	4		0.195	0.057	0.028
12:0		3.9	51	0	FLA	4		2.292	0.672	0.324
13:0	g	0.00	00	0	FLA	4		0.000	0.000	0.000
14:0	-	1.59	93	0	FLA	4		0.924	0.271	0.131
15:0	g	0.0	L8	0	FLA	4		0.011	0.003	0.002
16:0		2.5	58	0	FLA	4		1.484	0.435	0.210
17:0	-	0.0	L8	0	FLA	4		0.010	0.003	0.001
18:0		2.88	34	0	FLA	4		1.673	0.490	0.236
20:0		0.04	19	0	FLA	4		0.029	0.008	0.004
22:0	-	0.00		0	FLA	4		0.003	0.001	0.000
24:0	•	0.00		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated	-	2.2		0	FLA	4		1.294	0.379	0.183
14:1	-	0.0		0	FLA	4		0.010	0.003	0.001
15:1	-	0.00		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated	-	0.00		0	FLA	4		0.035	0.010	0.005
17:1		0.00		0	FLA	4		0.003	0.001	0.000
18:1 undifferentiated		2.14		0	FLA	4		1.246	0.365	0.176
20:1		0.00		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated	-	0.00		0	FLA	4		0.000	0.000	0.000
24:1 c	-	0.00		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	-	0.20		0	FLA	4		0.151	0.044	0.021
18:2 undifferentiated		0.2		0	FLA	4		0.134	0.039	0.019
18:3 undifferentiated		0.02		0	FLA	4		0.017	0.005	0.002
18:4		0.00		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c		0.00		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated		0.00		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated	-	0.00		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)		0.00		0	FLA	4		0.000	0.000	0.000
21:5	-	0.00	, 0	Ū	LIN	-		0.000	0.000	0.000
22:4	-									
22:5 n-3 (DPA)	-	0.00	10	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	-	0.00		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans		0.20		1	MC	9		0.119	0.035	0.017
Cholesterol		9		1	MC	9		5	2	1
Phytosterols		,		_	HC	,		3	2	±
•										
Others:										
Alcohol, ethyl	-	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine	_	6		0	FLA	4		3	1	0
Theobromine	mg	64		0	FLA	4		37	11	5

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 serving 2.05 oz bar

Measure 2 = 17g: 1 bar fun size

Measure 3 = 8.2g: 1 piece miniature 5 pieces = serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source C	Confidence			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:										
Water		6.99)	0	0	4		3.08		
Energy		463		1	MC	9		204		
Energy	kJ	1938		0	MC	9		853		
Protein	g	4.28	3	1	MC	9		1.88		
Total lipid (fat)	g	19.17	,	1	MC	9		8.44		
Ash	g	1.08	3	0	FLA	4		0.47		
Carbohydrate, by difference	g	68.49)	1	MC	9		30.13		
Fiber, total dietary	g	0.7		1	MC	9		0.3		
Sugars, total	g	58.65	i	1	MC	9		25.80		
Starch	g									
Minerals:										
Calcium, Ca	_	141		1	MC	9		62		
Iron, Fe	-	0.34	Ŀ	1	MC	9		0.15		
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K				_						
Sodium, Na	_	273		1	MC	9		120		
Zinc, Zn	_									
Copper, Cu	_									
Manganese, Mn	_									
Selenium, Se	µg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7		1	MC	9		0.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	_									
Vitamin B-6										
Folate, total										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE		262		1	wa	0		115		
Vitamin A, IU		262		1	MC	9		115		
Lycopene										
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
	a	13.15	57	1	MC	9		5.789		
Fatty acids, total saturated		13.13	• •	_	MC	,		3.703		
Fatty acids, total monounsaturated. Fatty acids, total polyunsaturated										
Fatty acids, total polyunsaturated		0.29	13	1	MC	9		0.129		
Cholesterol		20	. •	1	MC	9		9		
VARVIENCE DI		20								

Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 serving 5 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		6.99	9	0	BFZN	4		3.08		
Energy	kcal	458		1	MC	9		201		
Energy	kJ	1915		0	MC	9		843		
Protein	g	3.82	2	1	MC	9		1.68		
Total lipid (fat)	g	20.42	2	1	MC	9		8.99		
Ash	g	1.08	3	0	BFZN	4		0.47		
Carbohydrate, by difference	g	67.56	5	1	MC	9		29.73		
Fiber, total dietary	g	2.8		1	MC	9		1.2		
Sugars, total	g	54.08	3	1	MC	9		23.79		
Starch	g									
Minerals:										
Calcium, Ca	_	83		1	MC	9		36		
Iron, Fe	-	1.20)	1	MC	9		0.53		
Magnesium, Mg	_									
Phosphorus, P	_									
Potassium, K		046			140	•		100		
Sodium, Na	_	246		1	MC	9		108		
Zinc, Zn	_									
Copper, Cu	_									
Manganese, Mn Selenium, Se	_									
Scienium, Sc	Р9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>m</u> g	0.4		1	MC	9		0.2		
Thiamin	-									
Riboflavin										
Niacin										
Pantothenic acid	_									
Vitamin B-6										
Folate, totalFolate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		246		1	MC	9		108		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	13.81	14	1	MC	9		6.078		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.27	74	1	MC	9		0.121		
Cholesterol		17		1	MC	9		8		
Phytosterols	_									

Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 serving 5 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 42196 Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar

		Amol	unt in 100	grams	oreal	ole portio	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of foo	<u>od</u>
			-			Source (Confidence			
Nutrients and Un	ite	Mean St	td. Error			Code	Code	Measure 1	Measure 2	Measure
Nati lents and on		Mean O	.u. Б г ог					Wedsure 1	Wedsure 2	Weasure
Proximates:										
Water	g	7.20		1		4		3.60	1.37	2.95
Energy	kcal	443		1	MC	9		222	84	182
Energy	kJ	1855		0	MC	9		928	352	761
Protein		3.20		1	MC	9		1.60	0.61	1.31
Total lipid (fat)		17.50		1	MC	9		8.75	3.32	7.17
Ash		1.02		0	FLC	4		0.51	0.19	0.42
Carbohydrate, by difference	-	71.22		1	MC	9		35.61	13.53	29.20
Fiber, total dietary		2.9		1	MC	9		1.5	0.6	1.2
Sugars, total		57.81		1	MC	9		28.90	10.98	23.70
Starch									20050	
	9									
Minerals:										
Calcium, Ca	<u>m</u> g	53		1	MC	9		26	10	22
Iron, Fe	-	1.20		1	MC	9		0.60	0.23	0.49
Magnesium, Mg		58		0	FLA	4		29	11	24
Phosphorus, P		75		0	FLA	4		37	14	31
Potassium, K	-	196		0	FLA	4		98	37	80
Sodium, Na		168		1	MC	9		84	32	69
Zinc, Zn	-	0.89		0	FLA	4		0.44	0.17	0.36
Copper, Cu		0.344		0	FLA	4		0.172	0.065	0.14
Manganese, Mn		0.393		0	FLA	4		0.196	0.075	0.16
Selenium, Se	µg	2.5		0	FLA	4		1.3	0.5	1.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		1	MC	9		0.1	0.0	0.1
Thiamin	-	0.037		0	FLA	4		0.019	0.007	0.01
Riboflavin	-	0.063		0	FLA	4		0.031	0.012	0.02
Niacin	-	0.218		0	FLA	4		0.109	0.041	0.09
Pantothenic acid	-	0.084		0	FLA	4		0.042	0.016	0.03
Vitamin B-6	-	0.020		0	FLA	4		0.010	0.010	0.00
Folate, total	-	7		0	FLA	4		4	1	3
Folic acid		0		0	FLA	4		0	0	0
Folate, food		7		0	FLA	4		4	1	3
Folate, DFE		7		0	NC	4		4	1	3
Choline, total		16.8		0	0	4		8.4	3.2	6.9
Betaine	•	10.0		·	Ů	-		0.1	3.2	0.5
Vitamin B-12		0.04		0	NR	4		0.02	0.01	0.02
Vitamin B-12. added		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		42		0	FLA	4		21	8	17
Retinol		42		0	FLA	4		21	8	17
Carotene, beta		10		0	FLA	4		5	2	4
Carotene, alpha		0		0	FLA	4		0	0	0
Cryptoxanthin, beta		0		0	FLA	4		0	0	0
Vitamin A, IU		155		1	MC	9		77	29	63
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin		6		0	FLA	4		3	1	2
Vitamin E (alpha-tocopherol)		0.39		0	FLA	4		0.20	0.07	0.16
Vitamin E (aipiia-tocopheror) Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.00
		0.00		U	FLIA	-		0.00	0.00	0.00
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, alpha										
Tocotrienol, gamma	-									
Tocotrienol, delta	-									
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0.0	0.0
Vitamin K (phylloquinone)		3.5		0	FLA	4		1.8	0.7	1.5
		3.3		U	LUA	-		1.0	0.7	1.5
Dihydrophylloquinone Menaquinone-4										

		<u>Am</u>	ount in 10	00 grams	of edi	ble portio	<u>1</u>		dible portion	
				Number	r			<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source C	onfidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	11.4	74	1	MC	9		5.737	2.180	4.704
4:0	g	0.1	30	0	FLA	4		0.065	0.025	0.053
6:0	g	0.0	78	0	FLA	4		0.039	0.015	0.032
8:0	g	0.0	46	0	FLA	4		0.023	0.009	0.019
10:0	g	0.1	01	0	FLA	4		0.050	0.019	0.041
12:0	g	0.1	08	0	FLA	4		0.054	0.020	0.044
13:0	g	0.0	00	0	FLA	4		0.000	0.000	0.000
14:0	g	0.3	62	0	FLA	4		0.181	0.069	0.148
15:0	g	0.0	01	0	FLA	4		0.000	0.000	0.000
16:0	g	4.7	88	0	FLA	4		2.394	0.910	1.963
17:0	g	0.0	37	0	FLA	4		0.019	0.007	0.015
18:0	g	5.6	01	0	FLA	4		2.801	1.064	2.296
20:0	g	0.1	41	0	FLA	4		0.070	0.027	0.058
22:0	g	0.0	19	0	FLA	4		0.010	0.004	0.008
24:0	g	0.0	00	0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.	g	4.6	39	0	FLA	4		2.320	0.881	1.902
14:1	g	0.0	00	0	FLA	4		0.000	0.000	0.000
15:1	g	0.0	00	0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated	g	0.0	63	0	FLA	4		0.032	0.012	0.026
17:1	g	0.0	00	0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated		4.5	74	0	FLA	4		2.287	0.869	1.875
20:1		0.0	02	0	FLA	4		0.001	0.000	0.001
22:1 undifferentiated	-	0.0		0	FLA	4		0.000	0.000	0.000
24:1 c	-	0.0		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.5		0	FLA	4		0.257	0.098	0.211
18:2 undifferentiated		0.4		0	FLA	4		0.233	0.089	0.191
18:3 undifferentiated		0.0		0	FLA	4		0.024	0.009	0.020
18:4		0.0		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c		0.0		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated	-	0.0		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated	-	0.0		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)		0.0		0	FLA	4		0.000	0.000	0.000
21:5	_			-		_		******	***************************************	
22:4	_									
22:5 n-3 (DPA)	-	0.0	00	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	_	0.0		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans		0.1		0	MC	9		0.088	0.033	0.072
Cholesterol		10	-	1	MC	9		5	2	4
Phytosterols		_0		-		-		~	-	•
•										
Others:	~	• •		•				0 0		
Alcohol, ethyl	-	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine		30		0	FLA	4		15	6	12
Theobromine	mg	238		0	FLA	4		119	45	98

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 serving 1.76 oz bar

Measure 2 = 19g: 1 bar fun size

Measure 3 = 41g: 1 serving 5 miniatures

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19308 Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

		<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Num ber					easures of fo	
						Source (Confidence			<u>.</u>
Nutrients and l	Jnits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.3	0	0	0	4		2.17		
Energy	_	443		1	MC	9		182		
Energy		1852		0	MC	9		759		
Protein	g	2.5	9	1	MC	9		1.06		
Total lipid (fat)		15.1	7	1	MC	9		6.22		
Ash	g	1.0	0	0	FLA	4		0.41		
Carbohydrate, by difference	g	75.9	4	1	MC	9		31.14		
Fiber, total dietary		1.3		1	MC	9		0.5		
Sugars, total		67.0	0	1	MC	9		27.47		
Starch										
Minerals:										
Calcium, Ca	_	60	_	1	MC	9		24		
Iron, Fe	_	0.5	8	1	MC	9		0.24		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	_	172		1	MC	9		71		
Sodium, NaZinc, Zn	• • • • • • • • • • • • • • • • • • • •	1/2		1	мС	9		/1		
Copper, Cu	•									
Manganese, Mn										
Selenium, Se	_									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		1	MC	9		0.2		
Thiamin	mg									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		99		1	MC	9		41		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	g									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4										
Lipids:										
Fatty acids, total saturated	g	9.9	21	1	MC	9		4.068		
Fatty acids, total monounsaturate										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g	0.1	13	1	MC	9		0.046		
Cholesterol	ma	7		1	MC	9		3		

Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Code Mean

Measure 1

Measure 2

Measure 3

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 serving 15 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Num ber					easures of fo	
						Source C	Confidence			
Nutrients and L	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.7	8	0	FLA	4		2.26		
Energy	kcal	463		0	NC	4		180		
Energy	kJ	1935		0	NC	4		755		
Protein		3.3		1	MC	9		1.29		
Total lipid (fat)		18.0		1	MC	9		7.02		
Ash	=	1.0		0	FLA	4		0.42		
Carbohydrate, by difference		71.8		0	NC	4		28.02		
Fiber, total dietary		1.0		1	MC	9		0.4		
Sugars, total		61.0	8	1	MC	9		23.82		
Starch	g									
Minerals:										
Calcium, Ca	mg	91		1	MC	9		35		
Iron, Fe	-	0.5	0	1	MC	9		0.20		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	146		-	MC			E 7		
Sodium, Na		146		1	MC	9		57		
Zinc, Zn Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
,										
<u>Vitamins:</u>	ma	0.6		1	MC	9				
Vitamin C, total ascorbic acid		0.6		1	МС	9		0.2		
Thiamin Riboflavin	-									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6										
Folate, total	µg									
Folate, DFE	µg									
Choline, total	-									
Betaine	-									
Vitamin B-12										
Vitamin A, RAE Vitamin A, IU		137		1	MC	9		53		
Lycopene		137		-	мс	,		33		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
Lipids:										
Fatty acids, total saturated	ď	8.8	89	1	MC	9		3.467		
Fatty acids, total monounsaturated		0.0		-	HC	,		3.407		
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.2	01	1	MC	9		0.078		
Cholesterol		11		1	MC	9		4		
Phytosterols										

Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 serving 13 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source C	Confidence			
Nutrients and L	J nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.78	В	0	FLA	4		2.25		
Energy	kcal	480		1	MC	9		187		
Energy	kJ	2007		0	MC	9		783		
Protein		7.1		1	MC	9		2.79		
Total lipid (fat)		24.3		1	MC	9		9.49		
Ash	_	1.6		0	FLA	4		0.63		
Carbohydrate, by difference		61.0	7	1	MC	9		23.82		
Fiber, total dietary		2.3	_	1	MC	9		0.9		
Sugars, total		51.6	9	1	MC	9		20.16		
Starch	9									
Minerals:										
Calcium, Ca	mg	96		1	MC	9		37		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.7	2	1	MC	9		0.28		
Magnesium, Mg										
Phosphorus, P										
Potassium, K Sodium, Na		224		1	MC	9		87		
Zinc, Zn		224		1	МС	9		07		
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
Vitamina										
Vitamins:	ma	0.5		1	MC	9		0.2		
Vitamin C, total ascorbic acid Thiamin		0.3		_	МС	,		0.2		
Riboflavin	-									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE										
Choline, total	-									
Betaine	-									
Vitamin A. BAE										
Vitamin A, RAE Vitamin A, IU		174		1	MC	9		68		
Lycopene		-/-		-	110	•		00		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	a	9.8	91	1	MC	9		3.857		
Fatty acids, total monounsaturate		2.0.	-	_		-		2.00,		
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.4	05	0	MC	9		0.158		
Cholesterol		13		1	MC	9		5		
Phytosterols	ma									

Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Nutrients and Units

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 serving 13 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	u gram s	or edi	bie portic	<u>)11</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
nan one and on		moun	O(a) = 10.					in oud are i		mousuro
Proximates:										
Water	g	3.8	3	0	MC	9		2.37	7.85	0.41
Energy	kcal	405		1	MC	9		251	830	43
Energy	kJ	1695		0	MC	9		1051	3475	181
Protein	g	0.1	9	1	MC	9		0.12	0.40	0.02
Total lipid (fat)	g	4.3	7	1	MC	9		2.71	8.96	0.47
Ash	g	0.9	7	0	MC	9		0.60	1.99	0.10
Carbohydrate, by difference	g	90.7	8	1	MC	9		56.28	186.09	9.71
Fiber, total dietary	g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total	g	75.8	4	1	MC	9		47.02	155.46	8.11
Starch										
Minerals:										
Calcium, Ca	_	0	•	1	MC	9		0	0	0
Iron, Fe	_	0.0	υ	1	MC	9		0.00	0.01	0.00
Magnesium, Mg		1 1		0	FLA	4		0	1 2	0
Phosphorus, P		12		0	FLA FLA	4 4		1 7	2 25	1
Potassium, K Sodium, Na	_	15		1	MC	9		9	30	2
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.0	2	0	FLA	4		0.01	0.04	0.00
,	_	0.0		0	FLA	4		0.01	0.04	0.00
Copper, Cu		0.0		0	FLA	4		0.039	0.129	0.00
Selenium, Se		1.0	05	0	FLA	4		0.6	2.0	0.1
,		1.0		Ū		•		0.0	2.0	0.1
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	66.8		1	MC	9		41.4	136.9	7.1
Thiamin	_	0.0		0	FLA	4		0.000	0.001	0.00
Riboflavin	_	0.0		0	FLA	4		0.014	0.047	0.00
Niacin	_	0.0		0	FLA	4		0.004	0.013	0.00
Pantothenic acid	_	0.0		0	FLA	4		0.009	0.028	0.00
Vitamin B-6	_	0.0	03	0	FLA	4		0.002	0.006	0.00
Folate, total		0		0	FLA	4		0	1	0
Folic acid		0		0	FLA	4		0	0	0
Folate, food		0		0	FLA	4		0	1	0
Folate, DFE		0		0	NC	4		0	1	0
Choline, total	• • • • • • • • • • • • • • • • • • • •	0.0		0	Z	7		0.0	0.0	0.0
Betaine			•							
Vitamin B-12		0.0		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added		0.0	U	0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	FLA	-		0	0	0
Carotene, beta		0		0	FLA	4 4		0	0	0
Carotene, alpha		0		0	FLA			0	0 0	0
Cryptoxanthin, beta		0		1	FLA MC	<u>4</u> 9		0	0	0
Vitamin A, IU		0		0		4		0	0	0
Lycopene		1		0	FLA FLA	4		1	2	0
Lutein + zeaxanthin		0.1	7	0	FLA	4		0.10	0.34	0.02
Vitamin E (alpha-tocopherol)		0.0		0	FLA	4		0.00	0.34	0.02
Vitamin E, added		0.00	U	U	FLA	4		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, alpha										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0
Vitamin D		0		0	z	7		0	0.0	0.0
Vitamin K (phylloquinone)		1.1		0	FLA	4		0.7	2.2	0.1
Dihydrophylloquinone				ŭ	1	•		· · ·	4.4	0.1
Menaquinone-4										

	<u>Am o</u>				ble portion		Amount in edible portion of common measures of food			
			Number	•			<u> </u>	easures or roc	<u>ou</u>	
			of Data	Deriv	Source Co	nfidence				
Nutrients and Units	Mean S	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturatedg	4.115		1	MC	9		2.551	8.436	0.440	
4:0g	0.003		0	FLA	4		0.002	0.007	0.000	
6:0g	0.011		0	FLA	4		0.007	0.024	0.001	
8:0g	0.145		0	FLA	4		0.090	0.297	0.015	
10:0g	0.140		0	FLA	4		0.087	0.287	0.015	
12:0g	2.151		0	FLA	4		1.334	4.410	0.230	
13:0g										
14:0g	0.720		0	FLA	4		0.446	1.475	0.077	
15:0g										
16:0g	0.344		0	FLA	4		0.213	0.705	0.037	
17:0g										
18:0g	0.599		0	FLA	4		0.371	1.228	0.064	
20:0g	0.002		0	FLA	4		0.001	0.003	0.000	
22:0g										
24:0g										
Fatty acids, total monounsaturatedg	0.000		0	FLA	4		0.000	0.000	0.000	
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
17:1g										
18:1 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
20:1g	0.000		0	FLA	4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	0.000		0	FLA	4		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
18:4g	0.000		0	FLA	4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiated	0.000		0	FLA	4		0.000	0.000	0.000	
20:4 undifferentiated	0.000		0	FLA	4		0.000	0.000	0.000	
20:5 n-3 (EPA)	0.000		U	FLA	4		0.000	0.000	0.000	
22:4g 22:5 n-3 (DPA)g	0.000		0	FLA	4		0.000	0.000	0.000	
22:6 n-3 (DHA)g	0.000		0	FLA	4		0.000	0.000	0.000	
Fatty acids, total trans	0.000		1	MC	9		0.046	0.152	0.008	
Cholesterolmg	0.074		1	MC	9		0.040	0.132	0.008	
Phytosterolsmg	v		-	мс	,		v	v	v	
•										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	0	
Theobrominemg	0		0	FLA	4		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 serving 2.17 oz pack

Measure 2 = 205g: 1 cup Measure 3 = 10.7g: 10 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Num ber					easures of fo		
						Source	Confidence			_	
Nutrients and U	nito	Mean	Std. Erroi			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and O	iiitə	Wieaii	Stu. ETO	. 0	0000			Weasure i	Weasure 2	weasure.	
Proximates:											
Water	g	3.8	3	0	BFZN	4		1.95			
Energy	kcal	401		0	NC	4		204			
Energy	kJ	1677		0	NC	4		855			
Protein		0.1	8	1	MC	9		0.09			
Total lipid (fat)	g	4.0	0	1	MC	9		2.04			
Ash	g	0.9	7	0	BFZN	4		0.49			
Carbohydrate, by difference	g	91.0	2	0	NC	4		46.42			
Fiber, total dietary		0.0		1	MC	9		0.0			
Sugars, total		73.1	6	1	MC	9		37.31			
Starch											
Minerals:											
Calcium, Ca	mg	0		1	MC	9		0			
Iron, Fe	mg	0.0	1	1	MC	9		0.00			
Magnesium, Mg	mg										
Phosphorus, P	_										
Potassium, K											
Sodium, Na	-	14		1	MC	9		7			
Zinc, Zn	_										
Copper, Cu											
Manganese, Mn											
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	61.1		1	MC	9		31.2			
Thiamin	mg										
Riboflavin	mg										
Niacin	-										
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Betaine											
Vitamin B-12											
Vitamin A, RAE		0		0	NC	4		0			
Vitamin A, IU		0		1	MC	9		0			
Lycopene		· ·		_		-		· ·			
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	mg										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
Lipids:											
Fatty acids, total saturated		3.7	65	1	MC	9		1.920			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0.0	68	1	MC	9		0.035			
Cholesterol	mg	0		1	MC	9		0			
Phytosterols	mq										

Candies, MARS SNACKFOOD US, SKITTLES Sours Original

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

of Data Deriv Source Confidence

asure 1 Measure 2 Measure 3

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Mean

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 serving 1.80 oz bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ou</u>	<u>ınt in 100</u>	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umber					easures of fo		
						Source C	Confidence				
Nutrients and Ur	nits	Mean St	d. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	3.83		0	BFZN	4		2.37	0.77		
Energy		405		1	MC	9		251	81		
Energy		1693		0	MC	9		1050	339		
Protein		0.19		1	MC	9		0.12	0.04		
Total lipid (fat)		4.34		1	MC	9		2.69	0.87		
Ash		0.97		0	BFZN	4		0.60	0.19		
Carbohydrate, by difference	-	90.77		1	MC	9		56.28	18.15		
Fiber, total dietary		0.0		1	MC	9		0.0	0.0		
Sugars, total		75.76		1	MC	9		46.97	15.15		
Starch											
Minerals:	_										
Calcium, Ca	mg	0		1	MC	9		0	0		
Iron, Fe	-	0.00		1	MC	9		0.00	0.00		
Magnesium, Mg	-										
Phosphorus, P											
Potassium, K											
Sodium, Na	-	15		1	MC	9		9	3		
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid		67.1		1	MC	9		41.6	13.4		
Thiamin											
Riboflavin											
Niacin											
Pantothenic acid	-										
Vitamin B-6											
Folate, totalFolate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE		0		0	NC	4		0	0		
Vitamin A, IU		0		1	MC	9		0	0		
Lycopene	µg										
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
Lipids:											
Fatty acids, total saturated	а										
Fatty acids, total monounsaturated.											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0.074		1	MC	9		0.046	0.015		
Cholesterol		0		1	MC	9		0	0		
Phytosterols	-										

Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 serving 2.1 oz bag Measure 2 = 20g: 1 serving fun size bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				Num ber					easures of fo		
						Source (Confidence				
Nutrients and l	Jnits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	3.8	3	0	BFZN	4		2.37	0.77		
Energy		402		0	NC	4		249	80		
Energy		1682		0	NC	4		1043	336		
Protein	g	0.1	9	1	MC	9		0.12	0.04		
Total lipid (fat)	g	4.2	5	1	MC	9		2.64	0.85		
Ash	g	0.9	7	0	BFZN	4		0.60	0.19		
Carbohydrate, by difference	g	90.7	6	0	NC	4		56.27	18.15		
Fiber, total dietary	g	0.0		1	MC	9		0.0	0.0		
Sugars, total	g	75.9	2	1	MC	9		47.07	15.18		
Starch	g										
Minerals:_											
Calcium, Ca	mg	0		1	MC	9		0	0		
Iron, Fe	mg	0.0	0	1	MC	9		0.00	0.00		
Magnesium, Mg											
Phosphorus, P	-										
Potassium, K	_	15		-	MC	9		9	3		
Sodium, Na	_	15		1	MC	9		9	3		
Zinc, Zn Copper, Cu	_										
Manganese, Mn											
Selenium, Se											
,											
Vitamins:	ma	67.1		1	MC	9		41.6	13.4		
Vitamin C, total ascorbic acid Thiamin		67.1		_	MC	,		41.6	13.4		
Riboflavin	_										
Niacin	_										
Pantothenic acid	_										
Vitamin B-6											
Folate, total	µg										
Folate, DFE	µg										
Choline, total	_										
Betaine	_										
Vitamin B-12		0		•	wa	4		0	•		
Vitamin A, RAE Vitamin A, IU		0		0 1	NC MC	4 9		0	0		
Lycopene		U		_	ис	,		U	U		
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
Lipids:											
Fatty acids, total saturated	g	4.1	15	1	MC	9		2.551	0.823		
Fatty acids, total monounsaturate											
Fatty acids, total polyunsaturated											
Fatty acids, total trans	g	0.0	74	1	MC	9		0.046	0.015		
Cholesterol	mg	0		1	MC	9		0	0		
Phytosterols	ma										

Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 serving 2.1 oz bag Measure 2 = 20g: 1 serving fun size bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ble porti	<u>on</u>		edible portion	
				Number					easures or ro	<u>5u</u>
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	5.4	5	0	FLA	4		2.73		
Energy		472		1	MC	9		236		
Energy		1974		0	MC	9		987		
Protein		5.4	0	1	MC	9		2.70		
Total lipid (fat)	-	22.4		1	MC	9		11.20		
Ash		1.5		0	FLA	4		0.75		
Carbohydrate, by difference		64.6		1	MC	9		32.33		
Fiber, total dietary		2.6		1	MC	9		1.3		
Sugars, total		53.9		1	MC	9		26.96		
Starch		33.3	_	_	110			20.30		
Starcii	9									
Minerals:										
Calcium, Ca	<u>mg</u>	132		1	MC	9		66		
Iron, Fe	mg	0.8	5	1	MC	9		0.42		
Magnesium, Mg	mg									
Phosphorus, P	<u>mg</u>									
Potassium, K	mg									
Sodium, Na	<u>mg</u>	156		1	MC	9		78		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		1	MC	9		0.4		
Thiamin		0.7		-	мс			0.4		
Riboflavin	_									
	-									
Niacin Pantothenic acid										
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Choline, total										
Betaine	_									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, KAEVitamin A, IU		166		1	MC	9		83		
Lycopene		100		-	мс			03		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
•										
Tocopherol, dalta										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4	¥9									
Lipids:										
Fatty acids, total saturated	g	8.5	34	1	MC	9		4.267		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.2	10	1	MC	9		0.105		
Cholesterol		13		1	MC	9		7		
Phytosterols										

Candies, MARS SNACKFOOD US, SNICKERS Almond bar

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 serving 1.76 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amou	<u>ınt in 100</u>	grams	ot edil	oie portic	<u>on</u>	Amount in edible portion of common			
			N	Num ber				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean St	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	5.55		1	A	1		3.16	0.83	6.27	
Energy	kcal	491		0	NC	4		280	74	555	
Energy	kJ	2053		0	NC	4		1170	308	2320	
Protein	g	7.53		1	MC	9		4.29	1.13	8.50	
Total lipid (fat)	g	23.85		1	MC	9		13.59	3.58	26.95	
Ash	g	1.57		1	A	1		0.89	0.24	1.77	
Carbohydrate, by difference	g	61.51		0	NC	4		35.06	9.23	69.50	
Fiber, total dietary	g	2.3		1	MC	9		1.3	0.4	2.7	
Sugars, total	g	50.47		1	MC	9		28.77	7.57	57.03	
Starch	g										
Minerals:											
Calcium, Ca	ma	93		1	MC	9		53	14	105	
Iron, Fe	_	0.72		1	MC	9		0.41	0.11	0.83	
Magnesium, Mg	_	72		1	A	1		41	11	81	
Phosphorus, P		190		1	A	1		108	29	215	
Potassium, K		323		1	A	1		184	48	365	
Sodium, Na	<u>mg</u>	239		0	LC	8		136	36	270	
Zinc, Zn	mg	2.50		1	A	1		1.43	0.38	2.83	
Copper, Cu	mg	0.270		1	A	1		0.154	0.041	0.30	
Manganese, Mn	mg	0.350		1	A	1		0.199	0.052	0.39	
Selenium, Se	µg	7.8		1	A	1		4.4	1.2	8.8	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5		1	MC	9		0.3	0.1	0.5	
Thiamin	mg	0.060		1	A	1		0.034	0.009	0.06	
Riboflavin	mg	0.130		1	A	1		0.074	0.019	0.14	
Niacin	mg	3.600		1	A	1		2.052	0.540	4.06	
Pantothenic acid	mg	0.590		1	A	1		0.336	0.088	0.66	
Vitamin B-6	mg	0.090		1	A	1		0.051	0.014	0.10	
Folate, total	µg	27		1	A	1		15	4	31	
Folic acid	µg	6		1	A	1		3	1	7	
Folate, food	µg	21		1	AS	1		12	3	24	
Folate, DFE	µg	31		0	NC	4		18	5	35	
Choline, total	mg	38.5		1	A	1		21.9	5.8	43.5	
Betaine	mg	0.9		1	A	1		0.5	0.1	1.1	
Vitamin B-12	µg	0.16		1	A	1		0.09	0.02	0.18	
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin A, RAE		46		0	NC	4		26	7	52	
Retinol	µg	45		0	FLA	4		26	7	51	
Carotene, beta	µg	6		0	FLA	4		3	1	7	
Carotene, alpha		0		1	A	1		0	0	0	
Cryptoxanthin, beta		0		1	A	1		0	0	0	
Vitamin A, IU		161		0	NC	4		92	24	182	
Lycopene		0		1	A	1		0	0	0	
Lutein + zeaxanthin		16		0	NR	4		9	2	18	
Vitamin E (alpha-tocopherol)		1.50		1	A	1		0.86	0.23	1.70	
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.00	
Tocopherol, beta		0.03		1	A	1		0.02	0.00	0.03	
Tocopherol, gamma		3.95		1	A	1		2.25	0.59	4.40	
Tocopherol, delta		0.42		1	A	1		0.24	0.06	0.4	
Tocotrienol, alpha		0.00		1	A	1		0.00	0.00	0.00	
Tocotrienol, beta		0.00		1	A	1		0.00	0.00	0.00	
Tocotrienol, gamma		0.02		1	A	1		0.01	0.00	0.0	
Tocotrienol, delta		0.00		1	A Z	1 7		0.00	0.00	0.00	
Vitamin D (D2 + D3)		0.0		0	z	1		0.0	0.0	0.0	
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)		0		0	z	7		0	0	0	
Vitamin D								O	()	()	

	<u>An</u>	ount in 10	0 grams	of edi	ble porti	<u>on</u>	Amount in e	edible portion	of common
			Ni				measures of food		
			Number		_		<u></u>	0404100 01100	<u>, u</u>
						Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg									
Menaquinone-4µg									
Lipids: Fatty acids, total saturatedg	9.0	69	1	MC	9		5.169	1.360	10.248
4:0	0.3		0	FLA	4		0.181	0.048	0.359
6:0	0.1		0	FLA	4		0.081	0.021	0.160
8:0g	0.0		0	FLA	4		0.047	0.012	0.093
10:0g	0.1		0	FLA	4		0.095	0.025	0.189
12:0g	0.1		0	FLA	4		0.103	0.023	0.204
13:0g	0.0		0	FLA	4		0.000	0.000	0.000
	0.5		0	FLA	4				0.650
14:0g			0				0.328	0.086	
15:0g	0.0		0	FLA	4 4		0.016	0.004	0.032
16:0	4.1			FLA			2.383	0.627	4.725
17:0g	0.0		0	FLA	4		0.021	0.006	0.042
18:0g	3.1		0	FLA	4		1.793	0.472	3.554
20:0g	0.0		0	FLA	4		0.043	0.011	0.085
22:0g	0.0		0	FLA	4		0.005	0.001	0.011
24:0g	0.0		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturatedg	7.8		0	FLA	4		4.489	1.181	8.899
14:1g	0.0	27	0	FLA	4		0.015	0.004	0.030
15:1g	0.0	00	1	A	1		0.000	0.000	0.000
16:1 undifferentiatedg	0.1	07	0	FLA	4		0.061	0.016	0.120
17:1g	0.0	08	0	FLA	4		0.004	0.001	0.009
18:1 undifferentiatedg	7.6	25	0	FLA	4		4.346	1.144	8.616
20:1g	0.1	10	0	FLA	4		0.063	0.016	0.124
22:1 undifferentiatedg	0.0	00	0	FLA	4		0.000	0.000	0.000
24:1 cg	0.0	00	0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	3.0	14	0	FLA	4		1.718	0.452	3.406
18:2 undifferentiatedg	2.9	66	0	FLA	4		1.691	0.445	3.352
18:3 undifferentiated	0.0	48	0	FLA	4		0.027	0.007	0.054
18:3 n-3 c,c,c (ALA)g									
18:3 n-6 c,c,c	0.0	00	1	A	1		0.000	0.000	0.000
18:3ig									
18:4g	0.0	00	0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.0	00	1	A	1		0.000	0.000	0.000
20:3 undifferentiated	0.0	00	1	A	1		0.000	0.000	0.000
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.0	00	1	A	1		0.000	0.000	0.000
20:4 n-6g									
20:5 n-3 (EPA)	0.0	00	1	A	1		0.000	0.000	0.000
21:5g			_		_				
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	0.0		1	A	1		0.000	0.000	0.000
Fatty acids, total trans	0.4		1	MC	9		0.249	0.065	0.493
Cholesterolmg			1	MC	9		7	2	14
Phytosterolsme	•		_	FIC	,		,	4	11
1 Hytosterois	y								
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0
Caffeinemg	g 8		0	FLA	4		5	1	9
Theobrominemg	g 85		0	FLA	4		48	13	96

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 bar (2 oz)

Measure 2 = 15.0g: 1 bar, fun size

Measure 3 = 113g: 1 bar, king size (4 oz)

Candies, MARS SNACKFOOD US, SNICKERS Bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence				
Nutrients and Units	i	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		4.4	7	0	0	4		2.10	0.67	1.97	
Energy		488		1	MC	9		229	73	215	
Energy		2041		0	MC	9		959	306	898	
Protein		6.8		1	MC	9		3.22	1.03	3.02	
Total lipid (fat)		24.3		1	MC	9		11.46	3.66	10.73	
Ash	-	1.4		0	FLA			0.67	0.21	0.63	
Carbohydrate, by difference		62.8	5	1	MC	9		29.54	9.43	27.66	
Fiber, total dietary		1.9		1	MC	9		0.9	0.3	0.8	
Sugars, total		46.5	4	1	MC	9		21.87	6.98	20.48	
Starch	g										
Minerals:											
Calcium, Ca	-	90	_	1	MC	9		42	13	39	
Iron, Fe	-	0.6	8	1	MC	9		0.32	0.10	0.30	
Magnesium, Mg											
Phosphorus, P											
Potassium, K Sodium. Na		189		1	MC	9		89	28	83	
Zinc, Zn		109		1	MC	,		0,9	20	03	
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se											
,											
Vitamins:											
Vitamin C, total ascorbic acid		0.5		1	MC	9		0.2	0.1	0.2	
Thiamin	-										
Riboflavin	-										
Niacin	-										
Pantothenic acid Vitamin B-6											
Folate, total	-										
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12	-										
Vitamin A, RAE											
Vitamin A, IU	<u>I</u> Ų	120		1	MC	9		56	18	53	
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
Lipids:											
Fatty acids, total saturated	g	12.7	03	1	MC	9		5.970	1.905	5.58	
Fatty acids, total monounsaturated					-	•					
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0.3	94	1	MC	9		0.185	0.059	0.17	
Cholesterol		9		1	MC	9		4	1	4	
Phytosterols											

Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Code Mean Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 serving 1.66 oz bar Measure 2 = 15.0g: 1 bar fun size Measure 3 = 44g: 1 serving 1.56 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am o</u>	ount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	lum ber					easures of fo	
						Source C	onfidence			
Nutrients and U	Jnits	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	q	2.99		0	0	4		1.20		
Energy		536		1	MC	9		215		
Energy		2244		0	MC	9		898		
Protein		15.25		1	MC	9		6.10		
Total lipid (fat)	g	36.22		1	MC	9		14.49		
Ash	g	1.90		0	BFZN	4		0.76		
Carbohydrate, by difference	g	43.64		1	MC	9		17.46		
Fiber, total dietary		4.7		1	MC	9		1.9		
Sugars, total	g	30.87		1	MC	9		12.35		
Starch	g									
Minerals:										
Calcium, Ca	ma	54		1	MC	9		22		
Iron, Fe	_	1.02		1	MC	9		0.41		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •									
Phosphorus, P	mg									
Potassium, K										
Sodium, Na	mg	358		1	MC	9		143		
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>m</u> g	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	-									
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total Betaine	-									
Vitamin B-12	-									
Vitamin A, RAE										
Vitamin A, IU		314		1	MC	9		125		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
Lipids:										
Fatty acids, total saturated	g	8.819	9	1	MC	9		3.528		
Fatty acids, total monounsaturate					-					
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.272	2	1	MC	9		0.109		
Cholesterol		24		1	MC	9		10		
Phytosterols										

Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving 1.42 oz bar

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Erro			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	8.7	n	0	0	4		3.48		
Energy		408	9	1	MC	9		163		
Energy		1707		0	MC	9		683		
Protein		0.4	1	1	MC	9		0.16		
Total lipid (fat)	-	8.3		1	MC	9		3.34		
Ash		0.10		0	BFZN			0.04		
Carbohydrate, by difference	-	82.4		1	MC	9		32.97		
•		0.0	,	1	MC	9		0.0		
Fiber, total dietary		57.9	0	1	MC	9		23.19		
Sugars, total		57.90	•	_	MC	,		23.19		
Starch	g									
Minerals:		_		_				_		
Calcium, Ca	•	0		1	MC	9		0		
Iron, Fe	-	0.0	L	1	MC	9		0.00		
Magnesium, Mg										
Phosphorus, P	-									
Potassium, K		2		1	wa	•		1		
Sodium, Na	-	2		1	MC	9		1		
Zinc, Zn	-									
Copper, Cu										
Selenium, Se										
	P9									
Vitamins:										
Vitamin C, total ascorbic acid		58.3		1	MC	9		23.3		
Thiamin										
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE		0		0	NC	4		0		
Vitamin A, IU		0		1	MC	9		0		
Lycopene		-		=		-		-		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	7.9	31	1	MC	9		3.172		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0.1	41	1	MC	9		0.056		
Cholesterol		0		1	MC	9		0		
Phytosterols	-									

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving fun size (8 chews)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19156 Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits

		Amo	unt in 100	u gram s	or edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean S	td. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	8.51		0	0	4		3.40	5.02	0.43	
Energy	kcal	408		1	MC	9		163	241	20	
Energy	kJ	1706		0	MC	9		682	1006	85	
Protein	g	0.41		1	MC	9		0.16	0.24	0.02	
Total lipid (fat)	g	8.21		1	MC	9		3.28	4.85	0.41	
Ash	g	0.30		0	FLC	4		0.12	0.18	0.02	
Carbohydrate, by difference	g	82.57		1	MC	9		33.03	48.72	4.13	
Fiber, total dietary	g	0.0		1	MC	9		0.0	0.0	0.0	
Sugars, total	g	58.12		1	MC	9		23.25	34.29	2.91	
Starch											
	_										
Minerals:											
Calcium, Ca	•	0		1	MC	9		0	0	0	
Iron, Fe	_	0.01		1	MC	9		0.00	0.01	0.00	
Magnesium, Mg		1		2		1		0	1	0	
Phosphorus, P		5		0	FLC	4		2	3	0	
Potassium, K	_	2		2		1		1	1	0	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	2		1	MC	9		1	1	0	
Zinc, Zn	_	0.00		2		1		0.00	0.00	0.00	
Copper, Cu		0.012		2		1		0.005	0.007	0.00	
Manganese, Mn		0.015		1 0		1 4		0.006	0.009	0.00	
Selenium, Se	µg	0.8		U	FLA	4		0.3	0.5	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	58.7		1	MC	9		23.5	34.6	2.9	
Thiamin	mg	0.001		2		1		0.000	0.001	0.00	
Riboflavin	mg	0.002		1		1		0.001	0.001	0.00	
Niacin	_	0.005		2		1		0.002	0.003	0.00	
Pantothenic acid	mg	0.035		1		1		0.014	0.021	0.00	
Vitamin B-6	_	0.000		1		1		0.000	0.000	0.00	
Folate, total	_	1		0	FLC	4		0	0	0	
Folic acid		0		0	FLC	4		0	0	0	
Folate, food		1		0	FLC	4		0	0	0	
Folate, DFE		1		0	NC	4		0	0	0	
Choline, total		0.0		0	0	4		0.0	0.0	0.0	
Betaine	mg										
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin A, RAE	щg	0		0	NC	4		0	0	0	
Retinol		0		0	FLC	4		0	0	0	
Carotene, beta	µg	0		0	FLC	4		0	0	0	
Carotene, alpha		0		0	FLC	4		0	0	0	
Cryptoxanthin, beta		0		0	FLC	4		0	0	0	
Vitamin A, IU		1		1	MC	9		0	1	0	
Lycopene		0		0	FLC	4		0	0	0	
Lutein + zeaxanthin		6		0	FLC	4		2	4	0	
Vitamin E (alpha-tocopherol)		0.33		0	FLC	4		0.13	0.19	0.02	
Vitamin E, added		0.00		0	FLC	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta	_										
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D		0		0	Z	7		0	0	0	
Vitamin K (phylloquinone)		2.1		0	FLC	4		0.8	1.2	0.1	
Dihydrophylloquinone											
Menaquinone-4											

	Amo	unt in 10	00 grams	Amount in edible portion of common					
			Num be r	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean S	Std. Erroi	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	7.778		1	MC	9		3.111	4.589	0.389
4:0g	0.006		0	FLC	4		0.002	0.003	0.000
6:0g	0.027		0	FLC	4		0.011	0.016	0.001
8:0g	0.321		0	FLC	4		0.128	0.189	0.016
10:0g	0.259		0	FLC	4		0.104	0.153	0.013
12:0g	3.524		0	FLC	4		1.410	2.079	0.176
13:0g									
14:0g	1.226	i	0	FLC	4		0.490	0.723	0.061
15:0g									
16:0g	0.686	i	0	FLC	4		0.275	0.405	0.034
17:0g									
18:0g	1.708		0	FLC	4		0.683	1.008	0.085
20:0g	0.021		0	FLC	4		0.009	0.013	0.001
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.000)	0	FLC	4		0.000	0.000	0.000
14:1g									
15:1g									
16:1 undifferentiated	0.000		0	FLC	4		0.000	0.000	0.000
17:1g									
18:1 undifferentiated	0.000		0	FLC	4		0.000	0.000	0.000
20:1g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated	0.000		0	FLC	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0	FLC	4		0.000	0.000	0.000
18:2 undifferentiated	0.000		0	FLC	4		0.000	0.000	0.000
18:3 undifferentiated	0.000		0	FLC	4		0.000	0.000	0.000
18:4g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000)	0	FLC	4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total transg	0.141		1	MC	9		0.056	0.083	0.007
Cholesterolmg	0		1	MC	9		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	0.0
Caffeinemg	0		0	FLC	4		0	0	0
Theobrominemg	0		0	FLC	4		0	0	0

Common Measures:

Measure 1 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Masterfoods USA

ĸe	ιu	15	e	٠U	770

		Am	ount in 10	u gram s	ot edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	8.5	1	0	BFZN	4		3.40	5.02	0.43	
Energy		409	-	1	MC	9		163	241	20	
Energy		1710		0	MC	9		684	1009	85	
Protein		0.4	1	1	MC	9		0.16	0.24	0.02	
Total lipid (fat)	_	8.3		1	MC	9		3.33	4.91	0.42	
Ash		0.3		0	BFZN			0.12	0.18	0.02	
Carbohydrate, by difference		82.7		1	MC	9		33.11	48.83	4.14	
		0.0		1	MC	9		0.0	0.0	0.0	
Fiber, total dietary		58.1		1	MC	9		23.27		2.91	
Sugars, total		20.1	0	_	МС	9		23.27	34.32	2.91	
Starch	9										
Minerals:											
Calcium, Ca		0		1	MC	9		0	0	0	
Iron, Fe		0.0	1	1	MC	9		0.00	0.00	0.00	
Magnesium, Mg											
Phosphorus, P											
Potassium, K	-										
Sodium, Na	-	2		1	MC	9		1	1	0	
Zinc, Zn	-										
Copper, Cu	_										
Manganese, Mn											
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	59.4		1	MC	9		23.8	35.0	3.0	
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	µg										
Folate, DFE	µg										
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg										
Vitamin A, RAE	µg	0		0	NC	4		0	0	0	
Vitamin A, IU	<u>JU</u>	0		1	MC	9		0	0	0	
Lycopene											
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg										
Vitamin D	<u>I</u> U										
Vitamin K (phylloquinone)	µg										
Dihydrophylloquinone	µg										
Menaquinone-4	µg										
Lipids:											
Fatty acids, total saturated	g	8.0	48	1	MC	9		3.219	4.748	0.40	
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0.1	43	1	MC	9		0.057	0.084	0.00	
Cholesterol		0		1	MC	9		0	0	0	
Phytosterols		-			-			-	-	-	
]	5										

NDB No. 19313

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Masterfoods USA

		<u>Am</u>	ount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				measures of food			
						Source (Confidence				
Nutrients and Ur	nits	Mean	Std. Erro			Code	Code	Measure 1	Measure 2	Measure 3	
nationio ana oi			0(4) = 10.					in oud ard i	modouro 2	mode di o	
Proximates:											
Water	g	10.8	9	0	0	4		6.43			
Energy	kcal	400		1	MC	9		236			
Energy	kJ	1674		0	MC	9		988			
Protein	g	0.3	9	1	MC	9		0.23			
Total lipid (fat)	g	7.7	8	1	MC	9		4.59			
Ash	g	0.3	0	0	BFZN	4		0.18			
Carbohydrate, by difference	g	79.7	3	1	MC	9		47.04			
Fiber, total dietary	g	0.0		1	MC	9		0.0			
Sugars, total	g	56.1	0	1	MC	9		33.10			
Starch	g										
Minerals:											
Calcium, Ca	-	0		1	MC	9		0			
Iron, Fe	-	0.0	1	1	MC	9		0.00			
Magnesium, Mg											
Phosphorus, P											
Potassium, K				_							
Sodium, Na	-	89		1	MC	9		53			
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	µy										
Vitamins:											
Vitamin C, total ascorbic acid	g	56.6		1	MC	9		33.4			
Thiamin											
Riboflavin	-										
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, totalFolate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE		0		0	NC	4		0			
Vitamin A, IU		0		1	MC	9		0			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	મ9										
Lipids:											
Fatty acids, total saturated		7.5	20	1	MC	9		4.437			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0.1	36	1	MC	9		0.080			
Cholesterol	mg	0		1	MC	9		0			
Phytosterols	mg										

NDB No. 19315

Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 M

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 serving 2.07 oz pack

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Masterfoods USA

		Amo	unt in 100	grams	or edi	pie portic	<u>on</u>	Amount in edible portion of common			
				Num ber				measures of food			
						Source	Confidence				
Nutrients and Un	ite	Mean S	td. Error				Code	Measure 1	Measure 2	Measure	
Nati lents and on		Mean 0	та. 🗆 гог					Wedsure 1	Medsure 2	Measure	
Proximates:											
Water	g	4.23		0	MC	9		2.41	2.45	4.02	
Energy	kcal	502		0	NC	4		286	291	477	
Energy	kJ	2102		0	NC	4		1198	1219	1997	
Protein		4.91		1	MC	9		2.80	2.85	4.66	
Total lipid (fat)	g	24.85		1	MC	9		14.17	14.41	23.61	
Ash		1.21		0	MC	9		0.69	0.70	1.15	
Carbohydrate, by difference	-	64.80		0	NC	4		36.94	37.59	61.56	
Fiber, total dietary		1.1		1	MC	9		0.7	0.7	1.1	
Sugars, total		48.25		1	MC	9		27.50	27.99	45.84	
Starch											
State	9										
Minerals:											
Calcium, Ca	<u>m</u> g	106		1	MC	9		61	62	101	
Iron, Fe	-	0.81		1	MC	9		0.46	0.47	0.7	
Magnesium, Mg	mg	27		0	FLA	4		15	16	26	
Phosphorus, P		105		0	FLA	4		60	61	100	
Potassium, K	-	186		0	FLA	4		106	108	177	
Sodium, Na		198		1	MC	9		113	115	188	
Zinc, Zn	•	1.06		0	FLA	4		0.61	0.62	1.03	
Copper, Cu		0.197		0	FLA	4		0.112	0.114	0.18	
Manganese, Mn		0.273		0	FLA	4		0.155	0.158	0.25	
Selenium, Se	µg	4.3		0	FLA	4		2.5	2.5	4.1	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.6		1	MC	9		0.3	0.3	0.5	
Thiamin	-	0.155		0	FLA	4		0.088	0.090	0.14	
Riboflavin	-	0.208		0	FLA	4		0.119	0.121	0.19	
Niacin	-	1.109		0	FLA	4		0.632	0.643	1.0	
Pantothenic acid	-	0.265		0	FLA	4		0.151	0.154	0.2	
Vitamin B-6	-	0.025		0	FLA	4		0.014	0.014	0.02	
Folate, total	-	26		0	FLA	4		15	15	25	
Folic acid		18		0	FLA	4		10	10	17	
Folate, food		9		0	FLA	4		5	5	8	
Folate, DFE		39		0	NC	4		22	22	37	
Choline, total		20.9		0	0	4		11.9	12.1	19.9	
Betaine	-	20.5		Ū	Ü	-		11.7	12.1	19.9	
Vitamin B-12		0.33		0	FLA	4		0.19	0.19	0.33	
Vitamin B-12. added		0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin A, RAE		20		0	NC	4		11	12	19	
Retinol		20		0	FLA	4		11	12	19	
Carotene, beta		0		0	FLA	4		0	0	0	
		0		0	FLA	4		0	0	0	
Cryptovanthin, beta		0		0	FLA	4		0	0	0	
Cryptoxanthin, beta Vitamin A, IU		67		0	NC	4		38	39	63	
,		0		0	FLA	4		0	0	0	
Lycopene Lutein + zeaxanthin		5		0	FLA	4		3	3	5	
Vitamin E (alpha-tocopherol)		0.74		0	FLA	4		0.42	0.43	0.70	
		0.00		0	FLA	4		0.00	0.43	0.00	
Vitamin E, added		0.00		U	LUA	*		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocopnerol, delta Tocotrienol, alpha											
Tocotrienol, alpna											
,	-										
Tocotrienol, gamma											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
		0		0	Z	7		0.0	0.0	0.0	
Vitamin D		5.6		0	FLA	4		3.2			
Vitamin K (phylloquinone)		5.0		U	г⊔А	*		3.4	3.2	5.3	
Dihydrophylloquinone	uu										

		Am	ount in 10	00 grams	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of foo	<u>od</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	18.9	60	0	NC	4		10.807	10.997	18.012
4:0	_	0.2	40	0	FLA	4		0.137	0.139	0.228
6:0	•	0.1	18	0	FLA	4		0.067	0.068	0.112
8:0	-	0.4	84	0	FLA	4		0.276	0.281	0.460
10:0	-	0.5	13	0	FLA	4		0.292	0.298	0.487
12:0		6.5	87	0	FLA	4		3.755	3.821	6.258
13:0	g	0.0	00	0	FLA	4		0.000	0.000	0.000
14:0	g	2.4	74	0	FLA	4		1.410	1.435	2.350
15:0	g	0.0	31	0	FLA	4		0.018	0.018	0.030
16:0	g	3.8	03	0	FLA	4		2.168	2.206	3.613
17:0	g	0.0	30	0	FLA	4		0.017	0.017	0.028
18:0	g	4.5	88	0	FLA	4		2.615	2.661	4.359
20:0	g	0.0	83	0	FLA	4		0.047	0.048	0.079
22:0	g	0.0	08	0	FLA	4		0.005	0.005	0.008
24:0	g	0.0	00	0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g	2.9	88	0	NC	4		1.703	1.733	2.839
14:1	g	0.0	41	0	FLA	4		0.023	0.024	0.039
15:1	g	0.0	00	0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated	g	0.0	78	0	FLA	4		0.044	0.045	0.074
17:1	g	0.0	11	0	FLA	4		0.007	0.007	0.011
18:1 undifferentiated	g	2.8	58	0	FLA	4		1.629	1.658	2.715
20:1	g	0.0	00	0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated	g	0.0	00	0	FLA	4		0.000	0.000	0.000
24:1 c	g	0.0	00	0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.6	28	0	NC	4		0.358	0.364	0.597
18:2 undifferentiated	g	0.5	94	0	FLA	4		0.338	0.344	0.564
18:3 undifferentiated	g	0.0	34	0	FLA	4		0.020	0.020	0.033
18:4	g	0.0	00	0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c	g	0.0	00	0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated	g	0.0	00	0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated	g	0.0	00	0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.0	00	0	FLA	4		0.000	0.000	0.000
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.0	00	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.0		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans		0.3	42	1	MC	9		0.195	0.198	0.325
Cholesterol		7		1	MC	9		4	4	6
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine	mg	7		0	FLA	4		4	4	6
Theobromine	mg	70		0	FLA	4		40	40	66

Common Measures:

Measure 1 = 57g: 1 package (2 oz)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19161 Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars

Masterfoods USA

		Amo	unt in 100	grams	or edi	oie portio	<u>ווע</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Un	ite	Mean S	td. Error				Code	Measure 1	Measure 2	Measure	
Nutricitis and on	11.3	Wear C	ла. 🗆 гог					weasure i	WCd3diC Z	Weasure	
Proximates:											
Water	g	1.82		0	MC	9		0.98	1.06	0.91	
Energy	kcal	536		1	MC	9		290	311	268	
Energy	kJ	2244		0	MC	9		1212	1301	1122	
Protein		9.18		1	MC	9		4.96	5.33	4.59	
Total lipid (fat)	g	32.67		1	MC	9		17.64	18.95	16.34	
Ash		2.18		0	0	4		1.18	1.26	1.09	
Carbohydrate, by difference	-	54.15		1	MC	9		29.24	31.40	27.07	
Fiber, total dietary		3.1		1	MC	9		1.7	1.8	1.5	
Sugars, total		36.13		1	MC	9		19.51	20.96	18.07	
Starch		337.23		_		_			20.50		
Staten	9										
Minerals:_											
Calcium, Ca	<u>mg</u>	75		1	MC	9		41	44	38	
Iron, Fe	mg	1.32		1	MC	9		0.71	0.76	0.66	
Magnesium, Mg	mg	61		0	FLC	4		33	36	31	
Phosphorus, P	mg	173		0	FLC	4		93	100	86	
Potassium, K	<u>mg</u>	264		0	FLC	4		143	153	132	
Sodium, Na	mg	226		1	MC	9		122	131	113	
Zinc, Zn	<u>mg</u>	1.61		0	FLC	4		0.87	0.93	0.80	
Copper, Cu	mg	0.290		0	FLC	4		0.157	0.168	0.14	
Manganese, Mn	<u>mg</u>	0.942		0	FLC	4		0.509	0.546	0.47	
Selenium, Se	µg	12.9		0	FLC	4		7.0	7.5	6.5	
Vitamina											
Vitamins:				_		•					
Vitamin C, total ascorbic acid	_	0.3		1	MC	9		0.2	0.2	0.1	
Thiamin	_	0.098		0	FLC	4		0.053	0.057	0.04	
Riboflavin	_	0.145		0	FLC	4		0.078	0.084	0.07	
Niacin	_	2.379		0	FLC	4		1.285	1.380	1.19	
Pantothenic acid	_	0.468		0	FLC	4		0.253	0.271	0.23	
Vitamin B-6	_	0.114		0	FLC	4		0.062	0.066	0.05	
Folate, total		15		0	FLC	4		8	9	8	
Folic acid		0		0	FLC	4		0	0	0	
Folate, food		15		0	FLC	4		8	9	7	
Folate, DFE		15		0	NC	4		8	9	7	
Choline, total	_	29.4		0	FLC	4		15.9	17.0	14.7	
Betaine											
Vitamin B-12		0.26		0	FLC	4		0.14	0.15	0.13	
Vitamin B-12, added		0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin A, RAE		20		0	NC	4		11	12	10	
Retinol	µg	20		0	FLC	4		11	12	10	
Carotene, beta	µg	1		0	FLC	4		0	0	0	
Carotene, alpha	µg	0		0	FLC	4		0	0	0	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	0	
Vitamin A, IU	<u>IU</u>	68		0	NC	4		36	39	34	
Lycopene	µg	0		0	FLC	4		0	0	0	
Lutein + zeaxanthin	µg	31		0	FLC	4		17	18	16	
Vitamin E (alpha-tocopherol)	mg	3.42		0	FLC	4		1.85	1.99	1.71	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		6.0		0	FLC	4		3.2	3.5	3.0	
Dihydrophylloquinone											
Menaquinone-4											

	Am	ount in 10	00 grams	Amount in edible portion of common					
			Number	r			<u>m</u>	easures of foo	od .
					Source	Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	15.7	58	0	NC	4		8.509	9.140	7.879
4:0g	0.3	L5	0	FLC	4		0.170	0.183	0.157
6:0g	0.13	L 4	0	FLC	4		0.061	0.066	0.057
8:0g	0.0	58	0	FLC	4		0.037	0.040	0.034
10:0g	0.1	23	0	FLC	4		0.067	0.072	0.062
12:0g	0.1	56	0	FLC	4		0.090	0.097	0.083
13:0g	0.0	00	0	FLC	4		0.000	0.000	0.000
14:0g	0.4	37	0	FLC	4		0.263	0.283	0.244
15:0g	0.0	50	0	FLC	4		0.027	0.029	0.025
16:0g	7.3	01	0	FLC	4		3.942	4.234	3.650
17:0g	0.0	56	0	FLC	4		0.036	0.038	0.033
18:0g	6.3	58	0	FLC	4		3.434	3.688	3.179
20:0g	0.2	39	0	FLC	4		0.156	0.168	0.145
22:0g	0.3	37	0	FLC	4		0.182	0.196	0.169
24:0g	0.0	33	0	FLC	4		0.045	0.048	0.041
Fatty acids, total monounsaturatedg	12.3	L7	0	NC	4		6.651	7.144	6.159
14:1g	0.0	27	0	FLC	4		0.015	0.016	0.014
15:1g	0.0	00	0	FLC	4		0.000	0.000	0.000
16:1 undifferentiatedg	0.0	53	0	FLC	4		0.034	0.037	0.032
17:1g	0.0	08	0	FLC	4		0.004	0.004	0.004
18:1 undifferentiatedg	12.1	13	0	FLC	4		6.557	7.043	6.071
20:1g	0.0	76	0	FLC	4		0.041	0.044	0.038
22:1 undifferentiatedg	0.0	00	0	FLC	4		0.000	0.000	0.000
24:1 cg	0.0	00	0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	3.4	7	0	NC	4		1.840	1.976	1.703
18:2 undifferentiated	3.3	51	0	FLC	4		1.810	1.944	1.676
18:3 undifferentiatedg	0.0	55	0	FLC	4		0.030	0.032	0.028
18:4g	0.0	00	0	FLC	4		0.000	0.000	0.000
20:2 n-6 c.cg	0.0	00	0	FLC	4		0.000	0.000	0.000
20:3 undifferentiatedg	0.0	00	0	FLC	4		0.000	0.000	0.000
20:4 undifferentiatedg	0.0		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	00	0	FLC	4		0.000	0.000	0.000
21:5									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.0		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans	0.5)5	1	MC	9		0.273	0.293	0.253
Cholesterolmg	9 6		1	MC	9		3	4	3
Phytosterolsmg									
Others:									
Alcohol, ethyl	0.0		0	FLC	4		0.0	0.0	0.0
Caffeinemg			0	FLC	4		4	4	3
Theobrominemg	,		0	FLC	4		38	40	35

Common Measures:

Measure 1 = 54g: 1 package (1.89 oz, 2 bars) Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 50g: 1 package (1.77 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Masterfoods USA

		<u>Am</u>	ount in 10			ble portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of fo	<u>oa</u>
				of Data	Deriv	Source (Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Des less to										
Proximates: Water	a	2.2	0	0		4		1.12		
Energy		550	o .	0		4		281		
Energy		2301		0		4		1174		
Protein		7.3	0	0		4		3.72		
Total lipid (fat)	-	33.3		0		4		16.98		
Ash		1.2		0	NR	4		0.61		
Carbohydrate, by difference		56.0		0	1410	4		28.56		
Fiber, total dietary		3.0	o .	0		4		1.5		
Sugars, total		53.0	0	0	NR	4		27.03		
Starch		33.0	O	U	MK	-		27.03		
Starcii	9									
Minerals:										
Calcium, Ca	<u>mg</u>	130		0		4		66		
Iron, Fe	mg	1.3	1	0		4		0.67		
Magnesium, Mg	mg	46		0		4		23		
Phosphorus, P		147		0		4		75		
Potassium, K	mg	309		0		4		158		
Sodium, Na	mg	266		0		4		136		
Zinc, Zn	_	0.9		0		4		0.47		
Copper, Cu		0.2	93	0		4		0.149		
Manganese, Mn	_									
Selenium, Se	µg	7.0		0	FLM	4		3.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.5		
Thiamin	_	0.1	40	0		4		0.071		
Riboflavin	_	0.2	00	0		4		0.102		
Niacin	_	1.1	10	0		4		0.566		
Pantothenic acid	mg									
Vitamin B-6	mg	0.0	40	0		4		0.020		
Folate, total	µg	9		0		4		5		
Folic acid	µg	0		0	NR	4		0		
Folate, food	µg	9		0		4		5		
Folate, DFE	µg	9		0	NC	4		5		
Choline, total	mg	20.9		0	0	4		10.7		
Betaine	mg									
Vitamin B-12	µg	0.3	3	0		4		0.17		
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00		
Vitamin A, RAE	µg	9		0	NC	4		5		
Retinol	µg	9		0	FLC	4		5		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		32		0	NC	4		16		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		4	_	0	FLC	4		2		
Vitamin E (alpha-tocopherol)		2.7		0	FLC	4		1.38		
Vitamin E, added		0.0	U	0	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0.0		0	Z	7		0		
Vitamin K (phylloquinone)		18.6		0	FLC	4		9.5		
Dihydrophylloquinone		10.0		ŭ	- 20	-		J.5		
Menaquinone-4										

	Am ount i	n 100 grams of	edible portion	<u>1</u>	Amount in edible portion of common		
		Number			<u>m</u>	easures of foo	<u>od</u>
		of Data De	riv Source C	onfidence			
Nutrients and Units	Mean Std. E	rror Points Co	ode Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>							
Fatty acids, total saturatedg	4.962	0	4		2.531		
4:0g	0.000	0	4		0.000		
6:0g	0.000	0	4		0.000		
8:0g	0.000	0	4		0.000		
10:0g	0.000	0	4		0.000		
12:0g	0.000	0	4		0.000		
13:0g							
14:0g	0.033	0	4		0.017		
15:0g							
16:0g	3.263	0	4		1.664		
17:0g							
18:0g	1.665	0	4		0.849		
20:0g							
22:0g							
24:0g		_					
Fatty acids, total monounsaturatedg	14.319	0	4		7.303		
14:1g							
15:1g		_					
16:1 undifferentiatedg	0.133	0	4		0.068		
17:1g	44.450	•					
18:1 undifferentiatedg	14.152	0	4		7.218		
20:1g	0.000	0	4		0.000		
22:1 undifferentiatedg	0.000	0	4		0.000		
24:1 cg	12.521	0	4		6 206		
Fatty acids, total polyunsaturatedg	11.622	0	4		6.386 5.927		
18:2 undifferentiatedg 18:3 undifferentiated	0.866	0	4		0.442		
	0.000	0	4		0.442		
18:4g	0.000	U	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg							
20:3 undifferentiatedg	0.000	0	4		0.000		
20:5 n-3 (EPA)g	0.000	0	4		0.000		
. ,	0.000	U	-		0.000		
21:5g 22:4g							
22:4g 22:5 n-3 (DPA)g	0.000	0	4		0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000	0	4		0.000		
Fatty acids, total trans	0.000	v	-		0.000		
Cholesterolg	6	0	4		3		
Phytosterolsmg	O	U	*		3		
1 hytosterois							
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeinemg	10		FLM 4		5		
Theobrominemg	212	0 1	FLM 4		108		

Common Measures:

Measure 1 = 51g: 2 cookie 2011 label

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Hershey Food Corp.

		Allioui	nt in 100 grams	bie portio	<u>'11</u>	Amount in edible portion of common				
			Num be	r			measures of food			
					Source (Confidence				
Nutrients and Uni	ite	Mean Std	l. Error Points			Code	Measure 1	Measure 2	Measure	
Nati lents and on		Weari Ote					WCasare 1	Wedsure 2	Measure	
Proximates:										
Water	g	9.05	1	MC	9		1.72	4.80		
Energy	kcal	486	1	MC	9		92	258		
Energy	kJ	2034	0	MC	9		386	1078		
Protein		4.60	1	MC	9		0.87	2.44		
Total lipid (fat)		26.60	1	MC	9		5.05	14.10		
Ash		0.87	1	MC	9		0.17	0.46		
Carbohydrate, by difference	-	58.59	1	MC	9		11.13	31.05		
Fiber, total dietary		3.7	1	MC	9		0.7	1.9		
Sugars, total		46.19	1	MC	9		8.78	24.48		
Starch										
Minerals:										
Calcium, Ca	-	21	1	MC	9		4	11		
Iron, Fe		2.09	1	MC	9		0.40	1.11		
Magnesium, Mg		55	0	FLM	4		10	29		
Phosphorus, P		91	0	FLM	4		17	48		
Potassium, K	-	321	1	MC	9		61	170		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	145	1	MC	9		28	77		
Zinc, Zn	_	1.10	0	FLM	4		0.21	0.58		
Copper, Cu		0.400	0	FLM	4		0.076	0.212		
Manganese, Mn	_	0.948	0	FLM	4		0.180	0.503		
Selenium, Se	µg	6.6	0	FLM	4		1.2	3.5		
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.4	0	FLM	4		0.1	0.2		
Thiamin	-	0.049	0	FLM	4		0.009	0.026		
Riboflavin		0.058	0	FLM	4		0.011	0.031		
Niacin	_	0.277	0	FLM	4		0.053	0.147		
Pantothenic acid	_	0.245	0	FLM	4		0.047	0.130		
Vitamin B-6	-	0.090	0	FLM	4		0.017	0.048		
Folate, total	_	6	0	FLM	4		1	3		
Folic acid		0	0	FLM	4		0	0		
Folate, food		6	0	FLM	4		1	3		
Folate, DFE		6	0	NC	4		1	3		
Choline, total		11.8	0	FLM	4		2.2	6.3		
Betaine								0.0		
Vitamin B-12		0.00	0	FLM	4		0.00	0.00		
Vitamin B-12, added		0.00	0	FLM	4		0.00	0.00		
Vitamin A, RAE		0	0	FLM	4		0	0		
Retinol		0	0	FLM	4		0	0		
Carotene, beta		0	0	FLM	4		0	0		
Carotene, alpha		0	0	FLM	4		0	0		
Cryptoxanthin, beta		0	0	FLM	4		0	0		
Vitamin A, IU		0	0	FLM	4		0	0		
Lycopene		0	0	FLM	4		0	0		
Lutein + zeaxanthin		5	0	FLM	4		1	3		
Vitamin E (alpha-tocopherol)		0.19	0	FLM	4		0.04	0.10		
Vitamin E, added		0.00	0	FLM	4		0.00	0.10		
Tocopherol, beta		3.00	J		•		0.00	0.00		
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	z	7		0.0	0.0		
Vitamin D		0.0	0	Z	7		0	0.0		
Vitamin D Vitamin K (phylloquinone)		1.6	0	FLM	4		0.3	0.8		
		1.0	3	E LIPI	-		0.3	0.0		
Dihydrophylloquinone Menaquinone-4										

	Amount in	100 grams	Amount in edible portion of common					
		Num be i					easures of foo	
				Source Co	onfidence			
Nutrients and Units	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	20.580	1	MC	9		3.910	10.907	
4:0g	0.000	0	FLM	4		0.000	0.000	
6:0g	0.118	0	FLM	4		0.022	0.062	
8:0g	1.356	1	AI	13		0.258	0.719	
10:0g	1.081	1	AI	13		0.205	0.573	
12:0g	7.920	1	AI	13		1.505	4.197	
13:0g	0.000	0	FLM	4		0.000	0.000	
14:0g	2.940	1	AI	13		0.559	1.558	
15:0	0.012	1	AI	13		0.002	0.006	
16:0g	3.583	1	AI	13		0.681	1.899	
17:09	0.012	1	AI	13		0.002	0.006	
18:0g	3.443	1	AI	13		0.654	1.825	
20:0g	0.105	1	AI	13		0.020	0.056	
22:0g	0.012	1	AI	13		0.002	0.006	
24:0g	0.000	0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturatedg	0.390	1	MC	9		0.074	0.207	
14:1g	0.009	1	AI	13		0.002	0.005	
15:1g	0.000	0	FLM	4		0.000	0.000	
16:1 undifferentiated	0.026	1	AI	13		0.005	0.014	
17:1g	0.009	1	AI	13		0.002	0.005	
18:1 undifferentiated	0.338	0	FLM	4		0.064	0.179	
20:1	0.009	1	AI	13		0.002	0.005	
22:1 undifferentiatedg	0.000	0	FLM	4		0.002	0.000	
24:1 c	0.000	0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.140	1	MC	9		0.027	0.074	
18:2 undifferentiated	0.118	0	FLM	4		0.022	0.062	
18:3 undifferentiated	0.005	0	FLM	4		0.001	0.003	
18:4g	0.000	0	FLM	4		0.000	0.000	
20:2 n-6 c,cg	0.000	0	FLM	4		0.000	0.000	
20:3 undifferentiated	0.009	1	AI	13		0.002	0.005	
20:4 undifferentiated	0.009	1	AI	13		0.002	0.005	
20:5 n-3 (EPA)	0.000	0	FLM	4		0.000	0.000	
21:5g	0.000	ŭ		-		0.000	0.000	
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLM	4		0.000	0.000	
Fatty acids, total trans		_						
Cholesterolmg	2	1	MC	9		0	1	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	1	MC	9		0.0	0.0	
Caffeinemg	17	0	FLM	4		3	9	
Theobrominemg	130	0	FLM	4		25	69	

Common Measures:

Measure 1 = 19g: 1 bar snack size Measure 2 = 53g: 1 package 1.9 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Hershey Food Corp.

				Aniount in e	uible por tion	of common			
			Number						
					Source (Confidence			
5	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
a	0.4	5	1	мс	9		0.22	0.33	
-									
		2	-						
	17.2	_	-	MC	,		23.11	31.17	
<u>mg</u>	110		1	MC	9		54	80	
mg	1.3	9	1	MC	9		0.68	1.01	
mg	47		1	MC	9		23	34	
mg	163		1	MC	9		80	119	
mg	394		1	MC	9		193	287	
-	41		1	MC	9		20	30	
		00							
49	0.0		_	110			0.0	0.0	
mg	0.9		1	MC	9		0.4	0.7	
	0.1	40	1	MC	9		0.069	0.102	
mg	0.1	40	1	MC	9		0.069	0.102	
mg	3.4	40	1	MC	9		1.686	2.511	
mg	0.4	20	1	MC	9		0.206	0.307	
mg	0.0	70	1	MC	9		0.034	0.051	
µg	38		1	MC	9		18	27	
µg	0		0	FLM	4		0	0	
µg	38		1	MC	9		18	27	
µg	38		0	NC	4		18	27	
mg	47.4		0	0	4		23.2	34.6	
		0							
µg	35		0	FLC	4		17	26	
	35		0	FLC	4		17	25	
		_	-						
	0.0	U	U	Z	7		0.00	0.00	
µg	0.0		0	Z	7		0.0	0.0	
	0.0		•	_	•		0.0	0.0	
<u>IU</u>	0		0	Z	7		0	0	
	g kcal kJ g g g g g g g g g g g g g g g g g g			Mean Std. Error Points	Mean Std. Error Points Code Std. Error Points Code Mc	Mean Std. Error Points Code Code	S Mean Std. Error Points Code C	Number of Data Deriv Source Code Code Measure 1	Number of Data Deriv Source Code C

		Amount in 10	00 grams		Amount in edible portion of common measures of food			
Nutrients and Units	Mea	n Std. Error	of Data	Deriv	Source Confide Code Cod	ence	Measure 2	Measure 3
Menaquinone-4	hâ							
Lipids:								
Fatty acids, total saturated	g 14	1.130	1	MC	9	6.924	10.315	
4:0		.339	0	FLM	4	0.166	0.247	
6:0	-	.123	0	FLM	4	0.060	0.089	
8:0		0.070	0	FLM	4	0.034	0.051	
10:0	-	.133	0	FLM	4	0.065	0.097	
12:0	•	.146	0	FLM	4	0.071	0.106	
13:0	9	0.000	0	FLM	4	0.000	0.000	
14:0	=	.461	0	FLM	4	0.226	0.337	
15:0	-	0.046	0	FLM	4	0.023	0.034	
16:0	-	5.730	0	FLM	4	3.298	4.913	
17:0	•	0.044	0	FLM	4	0.022	0.032	
18:0	•	5.700	0	FLM	4	2.793	4.161	
	-	0.115	0	FLM	4	0.057	0.084	
20:0		0.012	0	FLM	4	0.006		
22:0			0		4		0.009	
24:0	=	0.000		FLM		0.000	0.000	
Fatty acids, total monounsaturated		3.203	0	FLM	4	4.020	5.988	
14:1	•	0.026	0	FLM	4	0.013	0.019	
15:1		0.000	0	FLM	4	0.000	0.000	
16:1 undifferentiated	-	0.052	0	FLM	4	0.025	0.038	
17:1		0.007	0	FLM	4	0.004	0.005	
18:1 undifferentiated	-	.991	0	FLM	4	3.915	5.833	
20:1	•	1.127	0	FLM	4	0.062	0.093	
22:1 undifferentiated	-	0.000	0	FLM	4	0.000	0.000	
24:1 c	g (0.000	0	FLM	4	0.000	0.000	
Fatty acids, total polyunsaturated	g 4	1.366	0	FLM	4	2.139	3.187	
18:2 undifferentiated	g 4	1.365	0	FLM	4	2.139	3.186	
18:3 undifferentiated	g (0.001	0	FLM	4	0.000	0.001	
18:4	g (0.000	0	FLM	4	0.000	0.000	
20:2 n-6 c,c	g (0.000	0	FLM	4	0.000	0.000	
20:3 undifferentiated	g (0.000	0	FLM	4	0.000	0.000	
20:4 undifferentiated	g (0.000	0	FLM	4	0.000	0.000	
20:5 n-3 (EPA)	g (0.000	0	FLM	4	0.000	0.000	
21:5	g							
22:4								
22:5 n-3 (DPA)		0.000	0	FLM	4	0.000	0.000	
22:6 n-3 (DHA)	g (0.000	0	FLM	4	0.000	0.000	
Fatty acids, total trans	g							
Cholesterol)	1	MC	9	5	7	
Phytosterols								
Others:								
Alcohol, ethyl	g (0.0	1	MC	9	0.0	0.0	
Caffeine		3	0	FLM	4	9	13	
Theobromine		3	0	FLM	4	97	145	

Common Measures:

Measure 1 = 49g: 1 bar (1.75 oz) Measure 2 = 73g: 1 bar (2.6 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	o gram s	oredi	DIE PORTIO	<u>'''</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of foo	<u>od</u>	
						Source (Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Natificitis and on		Wican	ota. E i oi					incusure i	Micasure 2	Wicasure	
Proximates:											
Water	g	6.10)	1	MC	9		2.62	1.28	2.62	
Energy	kcal	468		0	NC	4		201	98	201	
Energy	kJ	1957		0	NC	4		842	411	842	
Protein		2.50)	1	MC	9		1.08	0.53	1.08	
Total lipid (fat)		19.33	3	0	T	4		8.31	4.06	8.31	
Ash		1.10)	3	A	1		0.47	0.23	0.47	
Carbohydrate, by difference	-	70.97	7	0	NC	4		30.52	14.90	30.52	
Fiber, total dietary		1.0		1	MC	9		0.4	0.2	0.4	
Sugars, total		51.90)	1	MC	9		22.32	10.90	22.32	
Starch		32170		_		•			10.50		
Starcii	9										
Minerals:_											
Calcium, Ca	<u>m</u> g	76		1	MC	9		33	16	33	
Iron, Fe	mg	0.34	Ł	1	MC	9		0.15	0.07	0.15	
Magnesium, Mg	mg	25		0	FLA	4		11	5	11	
Phosphorus, P	mg	86		0	FLA	4		37	18	37	
Potassium, K	mg	163		1	MC	9		70	34	70	
Sodium, Na	<u>mg</u>	203		1	MC	9		87	43	87	
Zinc, Zn	mg	0.99	•	0	FLA	4		0.42	0.21	0.42	
Copper, Cu	mg	0.18	35	0	FLA	4		0.079	0.039	0.07	
Manganese, Mn	mg	0.17	72	0	FLA	4		0.074	0.036	0.07	
Selenium, Se	µg	2.5		0	FLA	4		1.1	0.5	1.1	
Vitamins:											
	ma	0.7		1	wa	9		0.3	0.1	0.3	
Vitamin C, total ascorbic acid	-	0.05	-0	0	MC FLA	4		0.025			
Thiamin	_	0.03		0		4			0.012	0.02	
Riboflavin	-			0	FLA			0.051	0.025	0.05	
Niacin	-	0.19		-	FLA	4		0.085	0.042	0.08	
Pantothenic acid	-	0.18		0	FLA	4		0.078	0.038	0.07	
Vitamin B-6	-	0.01	16	0	FLA	4		0.007	0.003	0.00	
Folate, total		5		0	FLA	4		2	1	2	
Folic acid		0		0	FLA	4		0	0	0	
Folate, food		5		0	FLA	4		2	1	2	
Folate, DFE		5		0	NC	4		2	1	2	
Choline, total	-	24.6		0	0	4		10.6	5.2	10.6	
Betaine											
Vitamin B-12		0.29		0	FLA	4		0.12	0.06	0.12	
Vitamin B-12, added		0.00)	0	FLA	4		0.00	0.00	0.00	
Vitamin A, RAE		38		0	NC	4		16	8	16	
Retinol	µg	37		0	FLA	4		16	8	16	
Carotene, beta		3		0	FLA	4		1	1	1	
Carotene, alpha		0		0	FLA	4		0	0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	0	
Vitamin A, IU		127		1	MC	9		55	27	55	
Lycopene	µg	0		0	FLA	4		0	0	0	
Lutein + zeaxanthin		2		0	FLA	4		1	0	1	
Vitamin E (alpha-tocopherol)	mg	0.42	2	0	FLA	4		0.18	0.09	0.18	
Vitamin E, added	mg	0.00)	0	FLA	4		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	0	
Vitamin K (phylloquinone)	µg	6.2		0	FLA	4		2.7	1.3	2.7	
Dihydrophylloquinone	µg										
Menaquinone-4											

	<u>Am our</u>	nt in 100 grams	Amount in edible portion of common					
		Num ber				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std	I. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>		_						
Fatty acids, total saturatedg	11.900	0	NC	4		5.117	2.499	5.117
4:0g	0.356	0	FLA	4		0.153	0.075	0.153
6:0g	0.169	0	FLA	4 4		0.073	0.035	0.073
8:0g	0.322 0.329	0	FLA FLA	4		0.138	0.068	0.138 0.142
10:0g 12:0g	1.439	0	FLA	4		0.142 0.619	0.069 0.302	0.142
12:0g 13:0g	0.000	0	FLA	4		0.000	0.000	0.000
14:0g	1.026	0	FLA	4		0.441	0.000	0.441
15:0	0.038	0	FLA	4		0.016	0.008	0.016
16:0g	4.314	0	FLA	4		1.855	0.906	1.855
17:0	0.049	0	FLA	4		0.021	0.010	0.021
18:0g	3.751	0	FLA	4		1.613	0.788	1.613
20:0	0.098	0	FLA	4		0.042	0.021	0.042
22:0g	0.010	0	FLA	4		0.004	0.002	0.004
24:0g	0.000	0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated	6.039	0	NC	4		2.597	1.268	2.597
14:1g	0.064	0	FLA	4		0.028	0.014	0.028
15:1g	0.000	0	FLA	4		0.000	0.000	0.000
16:1 undifferentiatedg	0.183	0	FLA	4		0.079	0.038	0.079
17:1g	0.019	0	FLA	4		0.008	0.004	0.008
18:1 undifferentiatedg	5.769	0	FLA	4		2.481	1.212	2.481
20:1g	0.004	0	FLA	4		0.002	0.001	0.002
22:1 undifferentiatedg	0.000	0	FLA	4		0.000	0.000	0.000
24:1 cg	0.000	0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	1.388	0	NC	4		0.597	0.292	0.597
18:2 undifferentiated	1.259	0	FLA	4		0.541	0.264	0.541
18:3 undifferentiated	0.129	0	FLA	4		0.055	0.027	0.055
18:4g	0.000	0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.000	0	FLA	4		0.000	0.000	0.000
20:3 undifferentiatedg	0.000	0	FLA	4		0.000	0.000	0.000
20:4 undifferentiatedg	0.000	0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000	0	FLA	4		0.000	0.000	0.000
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	0	FLA	4		0.000	0.000	0.000
Fatty acids, total transg	0.000	0	FLA	4		0.000	0.000	0.000
Cholesterolmg	12	1	LC	8		5	2	5
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0	0.0
Caffeinemg	8	1	MC	9		3	2	3
Theobrominemg	55	1	MC	9		24	12	24

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 21g: 1 bar, miniature

Measure 3 = 43g: 1 serving 1.5 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ble porti	<u>ion</u>	Amount in edible portion of common measures of food		
				Number		_		<u>m</u>	easures 01 100	<u> </u>
Nutrients and Un	its	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Provimetes										
Proximates: Water	а	6.3	0	1		1		2.65	0.53	
Energy		432		0	NC	4		181	36	
Energy		1807		0	NC	4		759	152	
Protein		1.6	7	1	MC	9		0.70	0.14	
Total lipid (fat)		11.9		1	MC	9		5.00	1.00	
Ash	_	0.6	0	1		1		0.25	0.05	
Carbohydrate, by difference	_	79.5	3	0	NC	4		33.40	6.68	
Fiber, total dietary		2.4		1	MC	9		1.0	0.2	
Sugars, total		66.6	0	1	MC	9		27.97	5.59	
Starch										
	-									
Minerals:				-		_		_	_	
Calcium, Ca		13	-	1	MC	9		5	1	
Iron, Fe	•	0.5	1	1	MC	9		0.24	0.05	
Magnesium, Mg										
Phosphorus, P Potassium, K	-									
Sodium, Na	-	1		1	MC	9		0	0	
Zinc, Zn	-	-		-	110			Ü	v	
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitaming										
Vitamins:	ma	0.0		1	MC	9		0.0	0.0	
Vitamin C, total ascorbic acid		0.0		1	MC	,		0.0	0.0	
ThiaminRiboflavin										
Niacin	-									
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folic acid		0		0	Z	7		0	0	
Folate, food	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	-									
Vitamin B-12										
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta Vitamin A, IU		0		1	MC	9		0	0	
Lycopene		· ·		-	110			v	Ü	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4										
	B									
Lipids: Fatty acids, total saturated	g	8.3	30	1	MC	9		3.499	0.700	

NDB No. 19153

Candies, NESTLE, AFTER EIGHT Mints

	Amount in	100 grams of e	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Err	of Data Der or Points Cod	v Source Co e Code	onfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.000 0	1 M 1 M	-		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 serving 5 mints

Measure 2 = 8.4g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am oun</u>	t in 100 grams	Amount in edible portion of common						
			Number	•			measures of food			
					Source (Confidence				
Nutrients and Un	ite	Mean Std	. Error Points			Code	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Weari Stu					Wicasure i	Weasure 2	wieasuie .	
Proximates:										
Water	g	6.99	0	0	4		4.19	1.26		
Energy	kcal	459	1	MC	9		275	83		
Energy	kJ	1920	0	MC	9		1152	346		
Protein		5.40	1	MC	9		3.24	0.97		
Total lipid (fat)		21.60	1	MC	9		12.96	3.89		
Ash		1.21	3	A	1		0.73	0.22		
Carbohydrate, by difference	_	64.80	1	MC	9		38.88	11.66		
Fiber, total dietary		2.0	1	MC	9		1.2	0.4		
Sugars, total		54.00	1	MC	9		32.40	9.72		
Starch										
Minerals:										
Calcium, Ca	-	47	1	MC	9		28	8		
Iron, Fe		0.63	1	MC	9		0.38	0.11		
Magnesium, Mg		43	0	FLC	4		26	8		
Phosphorus, P		94	0	FLC	4		57	17		
Potassium, K	-	249	0	FLC	4		149	45		
Sodium, Na		230	1	MC	9		138	41		
Zinc, Zn	-	0.72	0	FLC	4		0.43	0.13		
Copper, Cu		0.225	0	FLC	4		0.135	0.040		
Manganese, Mn	-	0.351	0	FLC	4		0.211	0.063		
Selenium, Se	µg	2.5	0	FLC	4		1.5	0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	1	MC	9		0.0	0.0		
Thiamin	mg	0.058	0	FLC	4		0.035	0.010		
Riboflavin		0.121	0	FLC	4		0.073	0.022		
Niacin	-	1.251	0	FLC	4		0.751	0.225		
Pantothenic acid	mg	0.333	0	FLC	4		0.200	0.060		
Vitamin B-6	-	0.042	0	FLC	4		0.025	0.008		
Folate, total	µg	12	0	FLC	4		7	2		
Folic acid		0	0	FLC	4		0	0		
Folate, food	µg	12	0	FLC	4		7	2		
Folate, DFE		12	0	NC	4		7	2		
Choline, total		34.9	0	0	4		20.9	6.3		
Betaine	-									
Vitamin B-12		0.06	0	FLC	4		0.03	0.01		
Vitamin B-12, added		0.00	0	FLC	4		0.00	0.00		
Vitamin A, RAE	µg	0	0	NC	4		0	0		
Retinol		0	0	NR	4		0	0		
Carotene, beta	µg	0	0	NR	4		0	0		
Carotene, alpha		0	0	FLC	4		0	0		
Cryptoxanthin, beta		0	0	FLC	4		0	0		
Vitamin A, IU		0	1	MC	9		0	0		
Lycopene		0	0	FLC	4		0	0		
Lutein + zeaxanthin		0	0	NR	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.93	0	FLC	4		0.56	0.17		
Vitamin E, added		0.00	0	FLC	4		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0	0.0		
Vitamin D		0	0	Z	7		0	0		
Vitamin K (phylloquinone)		2.3	0	FLC	4		1.4	0.4		
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am ou</u>	nt in 100 grams		Amount in edible portion of common measures of food			
		Num be	-		_	0000.000.00	<u>, u</u>
Nutrients and Units	Mean St	of Data d. Error Points		Source Confid Code Co		Measure 2	Measure 3
<u>Lipids:</u>		_		_			
Fatty acids, total saturated	12.100	1	MC	9	7.260	2.178	
4:0g	0.013	0	FLC	4	0.008	0.002	
6:0g	0.061	0	FLC	4	0.036	0.011	
8:0g	0.676	0	FLC	4	0.406	0.122	
10:0g	0.569	0	FLC	4	0.341	0.102	
12:0g	6.372	0	FLC	4	3.823	1.147	
13:0g	2 227	0	TT C	4	1 206	0 410	
14:0g	2.327	0	FLC	4	1.396	0.419	
15:0g	1 505	0	TT C	4	0.000	0.051	
16:0g	1.505	0	FLC	4	0.903	0.271	
17:0g	0.530	0	FLC	4	0.318	0.095	
18:0g 20:0g	0.530	0	FLC	4	0.003	0.095	
	0.005	U	FLC	4	0.003	0.001	
22:0g 24:0g							
Fatty acids, total monounsaturatedg	5.557	0	FLC	4	3.334	1.000	
14:1g	3.337	· ·	FLC	-	3.334	1.000	
14:1							
16:1 undifferentiated	0.007	0	FLC	4	0.004	0.001	
17:1g	0.007	Ū	FIIC	*	0.001	0.001	
18:1 undifferentiated	5.450	0	FLC	4	3.270	0.981	
20:1g	0.096	0	FLC	4	0.058	0.017	
22:1 undifferentiatedg	0.000	0	FLC	4	0.000	0.000	
24:1 cg	0.000	Ū	FIIC	*	0.000	0.000	
Fatty acids, total polyunsaturatedg	2.638	0	FLC	4	1.583	0.475	
18:2 undifferentiatedg	2.634	0	FLC	4	1.581	0.474	
18:3 undifferentiatedg	0.003	0	FLC	4	0.002	0.001	
18:4	0.000	0	FLC	4	0.000	0.000	
20:2 n-6 c,cg		·		-	0.000	0.000	
20:3 undifferentiated							
20:4 undifferentiated	0.000	0	FLC	4	0.000	0.000	
20:5 n-3 (EPA)	0.000	0	FLC	4	0.000	0.000	
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000	0.000	
Fatty acids, total transg	0.050	1	MC	9	0.030	0.009	
Cholesterolmg	0	1	MC	9	0	0	
Phytosterolsmg							
Others:							
Alcohol, ethyl	0.0	0	FLC	4	0.0	0.0	
Caffeinemg	4	0	FLC	4	2	1	
Theobrominemg	119	0	FLC	4	71	21	

Common Measures:

Measure 1 = 60g: 1 serving 2.1 ozbar

Measure 2 = 18g: 1 serving fun size bar 0.65 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			Amount in edible portion of common measures of food				
				Number					easures or ro	<u>5u</u>
							Confidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.30	0	0	0	4		3.32		
Energy		375		1	MC	9		150		
Energy		1569		0	MC	9		628		
Protein		2.00	0	1	MC	9		0.80		
Total lipid (fat)	g	7.50	0	1	MC	9		3.00		
Ash		1.33	1	0	FLC	4		0.52		
Carbohydrate, by difference		80.89	9	0	NC	4		32.36		
Fiber, total dietary		0.2		1	MC	9		0.1		
Sugars, total		48.00	0	1	MC	9		19.20		
Starch										
Minerals:										
Calcium, Ca	-	35		1	MC	9		14		
Iron, Fe	-	0.20	0	1	MC	9		0.08		
Magnesium, Mg		7		0	FLA	4		3		
Phosphorus, P	-	28		0	FLA	4		11		
Potassium, K	-	44		0	FLA	4		18		
Sodium, Na	•	295	•	1	MC	9		118		
Zinc, Zn	-	0.49		0	FLA	4		0.20		
Copper, Cu		0.02		0	FLA	4 4		0.010		
Manganese, Mn		0.03 1.3	36	0	FLA FLA	4		0.015 0.5		
Selenium, Se	µg	1.3		U	FLA	-1		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3		
Thiamin	mg	0.0	60	0	FLA	4		0.024		
Riboflavin	mg	0.04	44	0	FLA	4		0.018		
Niacin	mg	0.0	69	0	FLA	4		0.028		
Pantothenic acid	mg	0.08	82	0	FLA	4		0.033		
Vitamin B-6	mg	0.00	09	0	FLA	4		0.004		
Folate, total	µg	2		0	FLA	4		1		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	2		0	FLA	4		1		
Folate, DFE		2		0	NC	4		1		
Choline, total	• • • • • • • • • • • • • • • • • • • •	2.5		0	0	4		1.0		
Betaine	-									
Vitamin B-12		0.00		0	FLA	4		0.02		
Vitamin B-12, added		0.00	0	0	FLA	4		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	· -	0		0	NR	4		0		
Carotene, beta		0		0	NR	4		0		
Carotene, alpha		0		0	FLA	4		0		
Cryptoxanthin, beta		0		0	FLA	4		0		
Vitamin A, IU		0		1	MC	9		0		
Lycopene		0		0	FLA	4		0		
Lutein + zeaxanthin		0	•	0	NR	4		0		
Vitamin E (alpha-tocopherol)		0.30		0	FLA	4 4		0.12		
Vitamin E, added		0.00	U	0	FLA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Tocopnerol, delta Tocotrienol, alpha										
Tocotrienol, alpha										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0		0	z	7		0		
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
Dihydrophylloquinone				-	_					
Menaquinone-4										

	<u>Am ount</u>	in 100 grams	of edi	ble portion	Amount in e	Amount in edible portion of common		
		Num bei			m	easures of fo	od	
				Source Confidence	_			
Nutrients and Units	Mean Std. B	Error Points			Measure 1	Measure 2	Measure 3	
Lipids:								
Fatty acids, total saturatedg	5.500	1	MC	9	2.200			
4:0g	0.005	0	FLA	4	0.002			
6:0g	0.047	0	FLA	4	0.019			
8:0g	0.496	0	FLA	4	0.199			
10:0g	0.352	0	FLA	4	0.141			
12:0g	2.798	0	FLA	4	1.119			
13:0g	0.000	0	FLA	4	0.000			
14:0g	1.050	0	FLA	4	0.420			
15:0g	0.000	0	FLA	4	0.000			
16:0g	0.560	0	FLA	4	0.224			
17:0g	0.000	0	FLA	4	0.000			
18:0g	0.189	0	FLA	4	0.075			
20:0g	0.002	0	FLA	4	0.001			
22:0g	0.000	0	FLA	4	0.000			
24:0g	0.000	0	FLA	4	0.000			
Fatty acids, total monounsaturatedg	1.030	0	FLA	4	0.412			
14:1g	0.000	0	FLA	4	0.000			
15:1g								
16:1 undifferentiatedg	0.005	0	FLA	4	0.002			
17:1g								
18:1 undifferentiatedg	1.025	0	FLA	4	0.410			
20:1g	0.000	0	FLA	4	0.000			
22:1 undifferentiatedg	0.000	0	FLA	4	0.000			
24:1 cg	0.000	0	FLA	4	0.000			
Fatty acids, total polyunsaturated	0.338	0	FLA	4	0.135			
18:2 undifferentiatedg	0.336	0	FLA	4	0.134			
18:3 undifferentiatedg	0.002	0	FLA	4	0.001			
18:4g	0.000	0	FLA	4	0.000			
20:2 n-6 c,cg	0.000	0	FLA	4	0.000			
20:3 undifferentiatedg	0.000	0	FLA	4	0.000			
20:4 undifferentiatedg	0.000	0	FLA	4	0.000			
20:5 n-3 (EPA)g	0.000	0	FLA	4	0.000			
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4	0.000			
22:6 n-3 (DHA)g	0.000	0	FLA	4	0.000			
Fatty acids, total transg	0.000	1	MC	9	0.000			
Cholesterolmg	0	1	MC	9	0			
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4	0.0			
Caffeinemg	0	0	FLA	4	0			
Theobrominemg	0	0	FLA	4	0			

Common Measures:

Measure 1 = 40g: 1 serving 6 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nestle USA, Inc.

		<u>Am</u>	ount in 10			ble portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number	•			<u>m</u>	easures of for	<u>) a</u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.2	3	0	0	4		0.74	0.22	0.26
Energy		459		1	MC	9		275	83	96
Energy		1920		0	MC	9		1152	346	403
Protein		5.40	0	1	MC	9		3.24	0.97	1.13
Total lipid (fat)	g	18.90	0	1	MC	9		11.34	3.40	3.97
Ash		1.5	7	0	FLA	4		0.94	0.28	0.33
Carbohydrate, by difference	g	72.90	0	1	MC	9		43.74	13.12	15.31
Fiber, total dietary		2.0		1	MC	9		1.2	0.4	0.4
Sugars, total		45.90	0	1	MC	9		27.54	8.26	9.64
Starch										
	_									
Minerals:										
Calcium, Ca	-	36	_	1	MC	9		22	6	8
Iron, Fe		0.79	9	1	MC	9		0.47	0.14	0.17
Magnesium, Mg	-	48		0	FLA	4		29	9	10
Phosphorus, P	-	97 220		0	FLA	4		58	18	20
Potassium, K		220		0 1	FLA MC	4 9		132 138	40 41	46 48
Sodium, Na	-	1.00	n	0	FLA	4		0.60	0.18	0.21
Zinc, Zn Copper, Cu	-	0.19		0	FLA	4		0.00	0.035	0.040
Manganese, Mn		0.49		0	FLA	4		0.294	0.033	0.103
Selenium, Se	-	2.9	,	0	FLA	4		1.7	0.5	0.6
Scientini, Sc				•		-			***	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		1	MC	9		0.0	0.0	0.0
Thiamin	-	0.13		0	FLA	4		0.072	0.022	0.025
Riboflavin	-	0.00		0	FLA	4		0.037	0.011	0.013
Niacin	-	2.64		0	FLA	4		1.590	0.477	0.556
Pantothenic acid	-	0.3		0	FLA	4		0.222	0.067	0.078
Vitamin B-6	-	0.00	69	0	FLA	4 4		0.041	0.012 5	0.014
Folate, total		28 0		0	FLA FLA	4		17		6
Folic acid		28		0	FLA	4		0 17	0 5	0 6
Folate, food		28		0	NC NC	4		17	5 5	6
Folate, DFE Choline, total		15.0		0	O	4		9.0	2.7	3.2
Betaine	-	13.0		U	O	-		3.0	2.7	3.2
Vitamin B-12	-	0.04	4	0	FLA	4		0.03	0.01	0.01
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		0		0	Z	7		0	0	0
Retinol		0		0	NR	4		0	0	0
Carotene, beta		0		0	NR	4		0	0	0
Carotene, alpha		0		0	FLA	4		0	0	0
Cryptoxanthin, beta		0		0	FLA	4		0	0	0
Vitamin A, IU		0		1	MC	9		0	0	0
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin		0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)		1.7	2	0	FLA	4		1.03	0.31	0.36
Vitamin E, added	mg	0.00	0	0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	g									
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		_		_		_				
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0	0
Vitamin K (phylloquinone)		2.2		0	FLA	4		1.3	0.4	0.5
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am</u>	ount in 10	00 grams	of edi	Amount in edible portion of common				
			Number					easures of foo	
					Source (Confidence			_
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	9.5	00	1	MC	9		5.700	1.710	1.995
4:0g	0.0	07	0	FLA	4		0.004	0.001	0.002
6:0g	0.0	22	0	FLA	4		0.013	0.004	0.005
8:0g	0.2	82	0	FLA	4		0.169	0.051	0.059
10:0g	0.2		0	FLA	4		0.164	0.049	0.057
12:0g	4.1		0	FLA	4		2.510	0.753	0.878
13:0g			•		-		2,020	*******	*****
14:0g	1.4	06	0	FLA	4		0.844	0.253	0.295
15:0	0.0		0	FLA	4		0.000	0.000	0.000
	1.7		0	FLA	4		1.058	0.317	0.370
16:0g			0	FLA	4				
17:0g	0.0		-				0.000	0.000	0.000
18:0g	1.4		0	FLA	4		0.867	0.260	0.304
20:0g	0.0		0	FLA	4		0.002	0.001	0.001
22:0g	0.0	00	0	FLA	4		0.000	0.000	0.000
24:0g									
Fatty acids, total monounsaturatedg	5.1	19	0	FLA	4		3.072	0.922	1.075
14:1g									
15:1g									
16:1 undifferentiatedg	0.0	02	0	FLA	4		0.001	0.000	0.000
17:1g									
18:1 undifferentiatedg	4.9	83	0	FLA	4		2.990	0.897	1.046
20:1g	0.1	34	0	FLA	4		0.080	0.024	0.028
22:1 undifferentiated	0.0	00	0	FLA	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	3.1	64	0	FLA	4		1.899	0.570	0.665
18:2 undifferentiatedg	3.1		0	FLA	4		1.898	0.569	0.664
18:3 undifferentiated	0.0		0	FLA	4		0.001	0.000	0.000
18:4	0.0		0	FLA	4		0.001	0.000	0.000
	0.0	00	U	FLIA	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg				_	_				
20:4 undifferentiatedg	0.0		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	00	0	Z	7		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	0.0	00	0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans	0.0	40	1	MC	9		0.024	0.007	0.008
Cholesterolmg	0		1	MC	9		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethyl	0.0		0	FLA	4		0.0	0.0	0.0
Caffeinemg	1		0	FLA	4		1	0	0
Theobrominemg	36		0	FLA	4		22	7	8

Common Measures:

Measure 1 = 60g: 1 serving 2.1 ozbar

Measure 2 = 18g: 1 serving 1 fun size bar 0.65 oz

Measure 3 = 21g: 1 serving 0.75 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amou	unt in 100	u gram s	ot edil	oie porti	<u>on</u>	Amount in edible portion of common			
			1	Num ber				measures of food			
			'			Source	Confidence				
Nutrients and Un	ito	Mean S	td. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Mean S	ta. Error	1 011113	Oouc		Oouc	weasure i	wedsure 2	weasure.	
Proximates:											
Water	g	5.05		0	FLC	4		3.03			
Energy	kcal	465		0	NC	4		279			
Energy	kJ	1947		0	NC	4		1168			
Protein (N x 6.25)	g	6.67		0	MC	9		4.00			
Total lipid (fat)	g	18.33		0	MC	9		11.00			
Ash		1.50		0	FLC	4		0.90			
Carbohydrate, by difference	g	68.45		0	NC	4		41.07			
Fiber, total dietary	g	1.7		0	MC	9		1.0			
Sugars, total	g	48.33		0	MC	9		29.00			
Starch	g										
Minerals:											
Calcium, Ca	<u>mg</u>	33		0	MC	9		20			
Iron, Fe	-	0.60		0	MC	9		0.36			
Magnesium, Mg		89		0	FLC	4		54			
Phosphorus, P	<u>m</u> g	153		0	FLC	4		92			
Potassium, K	-	429		0	FLC	4		257			
Sodium, Na		13		0	FLC	4		8			
Zinc, Zn	-	1.23		0	FLC	4		0.74			
Copper, Cu		0.421		0	FLC	4		0.253			
Manganese, Mn	-	1.077		0	FLC	4		0.646			
Selenium, Se	µg	11.0		0	FLC	4		6.6			
Vitamins:											
Vitamin C, total ascorbic acid	g	0.1		0	FLC	4		0.1			
Thiamin	-	0.133		0	FLC	4		0.080			
Riboflavin	-	0.094		0	FLC	4		0.056			
Niacin	-	2.438		0	FLC	4		1.463			
Pantothenic acid	-	0.348		0	FLC	4		0.209			
Vitamin B-6	-	0.146		0	FLC	4		0.088			
Folate, total		25 0		0	FLC FLC	4 4		15 0			
Folic acid		25		0	FLC	4		15			
Folate, foodFolate. DFE		25		0	NC	4		15			
Choline, total		13.8		0	FLC	4		8.3			
Betaine	-	13.0		·	120	-		0.5			
Vitamin B-12		0.05		0	FLC	4		0.03			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE	µg	0		0	NC	4		0			
Retinol	µg	0		0	FLC	4		0			
Carotene, beta	µg	1		0	FLC	4		0			
Carotene, alpha	µg	0		0	FLC	4		0			
Cryptoxanthin, beta	µg	0		0	FLC	4		0			
Vitamin A, IU	JU	1		0	NC	4		1			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		28		0	FLC	4		17			
Vitamin E (alpha-tocopherol)		1.31		0	FLC	4		0.79			
Vitamin E, added		0.00		0	FLC	4		0.00			
Tocopherol, beta		0.03		0	FLC	4		0.02			
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0			
Vitamin D		0		0	FLC	4		0			
Vitamin K (phylloquinone)		3.2		0	FLC	4		1.9			
Dihydrophylloquinone											
Menaquinone-4											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 10.592 NC 6.355 4:0.....g 0.000 0 FLC 4 0.000 6:0.....g 0.023 FLC 0.014 0 0.375 FLC 8:0.....g 4 0.225 10:0.....g 0.421 0 FLC 4 0.253 FLC 3.207 12:0.....g 5.345 0 4 13:0.....g 0 1.870 FLC 14:0.....g 4 1.122 0.000 0 FLC 4 0.000 1.822 FLC 0 1.093 16:0.....g 4 17:0.....g 0.000 0 FLC 0.000 0.736 0 FLC 4 0.441 18:0.....g 0.000 0 FLC 4 0.000 0.000 0 FLC 4 0.000 22:0.....g 0.000 0 FLC 4 0.000 24:0.....g 0 NC 4 4.465 2,679 14:1.....g 0.000 0 FLC 4 0.000 0.000 0 FLC 0.000 15:1.....g 16:1 undifferentiated......g 0.001 0 FLC 4 0.001 0.000 0 FLC 4 0.000 17:1.....g 18:1 undifferentiated......g 4.386 0 FLC 4 2.632 0.077 0 FLC 0.046 20:1.....g 4 22:1 undifferentiated......g 0.000 0 FLC 4 0.000 0.000 0 FLC 4 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 2.170 0 NC 4 1.302 2.161 0 FLC 4 1.296 18:2 undifferentiated......g 0.010 0 FLC 4 0.006 0.000 0 FLC 4 18:4.....g 0.000 0.000 0 FLC 4 0.000 0.000 FLC 0.000 20:4 undifferentiated......g 0.000 0 FLC 4 0.000 0.000 0 FLC 0.000 20:5 n-3 (EPA)......g 21:5.....g 0.000 0 FLC 4 0.000 0.000 0 FLC 0.000 22:4.....g 22:5 n-3 (DPA)......g 0.000 0 FLC 0.000 22:6 n-3 (DHA)......g 0.000 0 FLC 4 0.000 Fatty acids, total trans......g 0.000 0 MC 9 0.000 Cholesterol....mg 0 MC 9 Phytosterols.....mg 11 0 FLC 4 6 Amino Acids: Tryptophan.....g 0.072 0 FLC 4 0.043 0.205 FLC 0.123 Threonine.....g 0 4 Isoleucine.....g 0.223 0 FLC 4 0.134 0.400 0 FLC 4 0.240 Leucine....g Lysine.....g 0.238 0 FLC 4 0.143 FLC 0.084 0 0.050 Methionine.....g 0.086 0 FLC 0.051 Cystine.....g 0.301 0 FLC 4 0.180 Phenylalanine.....g Tyrosine.....g 0.211 0 FLC 4 0.127 0.285 0 FLC 0.171 Valine.....g 4 0.485 0 FLC 4 0.291 Arginine......g 0.143 0 FLC 4 0.086 Histidine.....g 0.237 0 FLC4 0.142 0.572 0 FLC 4 0.343 1.344 0 FLC 4 0.806 Glutamic acid.....g 0.294 0 FLC 4 Glycine.....g 0.176 0.454 0 FLC 4 0.273 0.284 0 FLC 4 0.170 Hydroxyproline.....g Others: 0.0 FLC 0.0 Alcohol, ethyl......g

NDB No. 19913

Candies, NESTLE, BUTTERFINGER Crisp

	<u>Ar</u>	mount in 10	00 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Caffeinemg Theobrominemg	5 185		0	FLC FLC	4 4		3 111		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ble porti	<u>ion</u>	Amount in edible portion of common measures of food		
				Number		_				
Nutrients and Ur	nits	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.9	0	2		1		1.16		
Energy	kcal	475		1	MC	9		190		
Energy	kJ	1987		0	MC	9		795		
Protein	g	7.5	0	1	MC	9		3.00		
Total lipid (fat)	g	27.5	0	1	MC	9		11.00		
Ash	g	1.7	0	2		1		0.68		
Carbohydrate, by difference	g	60.0	0	1	MC	9		24.00		
Fiber, total dietary	g	2.5		1	MC	9		1.0		
Sugars, total	g	52.5	0	1	MC	9		21.00		
Starch	g									
Minerals:										
Calcium, Ca	<u>m</u> g	100		1	MC	9		40		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.9	0	1	MC	9		0.36		
Magnesium, Mg										
Phosphorus, P	-									
Potassium, K	-	20			140	•		1.5		
Sodium, Na	-	38		1	MC	9		15		
Zinc, Zn Copper, Cu										
Manganese, Mn										
Selenium, Se										
,										
Vitamins:	ma	0.0		1	MC	9		0.0		
Vitamin C, total ascorbic acid Thiamin		0.0		_	ис	,		0.0		
Riboflavin										
Niacin	-									
Pantothenic acid										
Vitamin B-6	-									
Folate, total	µg									
Folic acid	µg									
Folate, food										
Folate, DFE										
Choline, total										
Betaine Vitamin B-12										
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1	MC	9		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	hg									
Lipids:										
Fatty acids, total saturated	g	12.5	00	1	MC	9		5.000		

NDB No. 19119

Candies, NESTLE, CHUNKY Bar

	<u>Am ount in</u>	100 grams of e	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Er	of Data Deri ror Points Cod		onfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.160 10	1 MC 1 MC	_		0.064 4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving 1.4 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nestle USA, Inc.

	<u>Am</u>	ount in 10	u grams	Amount in edible portion of common						
			Number	•			measures of food			
			of Data	Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Waterg	0.6	5	1	MC	9		0.29	0.09	0.27	
Energykc			1	MC	9		220	71	205	
EnergykJ			0	MC	9		920	297	858	
Proteing	5.0		1	MC	9		2.20	0.71	2.05	
Total lipid (fat)g	26.0		1	MC	9		11.44	3.69	10.66	
Ashg	1.3		3	A	1		0.59	0.19	0.55	
Carbohydrate, by difference	67.0	0	1	MC	9		29.48	9.51	27.47	
Fiber, total dietary	1.9	•	1	MC	9		0.8	0.3	0.8	
Sugars, total	55.0	0	1	MC	9		24.20	7.81	22.55	
Starchg										
Minerals:										
Calcium, Cam	g 100		1	MC	9		44	14	41	
Iron, Fem	•	0	1	MC	9		0.31	0.10	0.29	
Magnesium, Mgm	=									
Phosphorus, Pm										
Potassium, Km	-		1	MC	9		134	43	125	
Sodium, Na	-		1	MC	9		66	21	62	
Zinc, Znm Copper, Cum	-									
Manganese, Mnm	=									
Selenium. Se										
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	,									
Vitamins:	~ 0.5			160	•					
Vitamin C, total ascorbic acid			1	MC	9		0.2	0.1	0.2	
Thiamin	=									
Niacin	=									
Pantothenic acid	=									
Vitamin B-6										
Folate, total										
Folate, DFEµç	j									
Choline, totalm	g									
Betainem										
Vitamin B-12µg										
Vitamin A, RAE			_				4-			
Vitamin A, IU			1	MC	9		47	15	44	
Lycopene										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpham										
Tocotrienol, betam										
Tocotrienol, gammam										
Tocotrienol, delta	=									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Menaquinone-4										
Lipids:	-									
Fatty acids, total saturatedg	16.0	00	1	MC	9		7.040	2.272	6.56	
Fatty acids, total monounsaturatedg										
Fatty acids, total polyunsaturatedg										
Fatty acids, total transg	0.1	37	1 1	MC	9		0.060	0.019	0.05	
Cholesterolm	g 13			MC	9		6	2	5	

NDB No. 19145

Candies, NESTLE, CRUNCH Bar and Dessert Topping

	Amount in edible portion of common measures of food								
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethylg	30		1	MC	9		13	4	12
Theobrominemg	168		1	MC	9		74	24	69

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 bar 1.55 oz Measure 2 = 14.2g: 1 bar 0.5 oz

Measure 3 = 41g: 1 serving 4 fun size bars

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nestle USA, Inc.

		<u>Am o</u> t	ınt in 100 gr	ams	of edi	ble portion	<u>1</u>	Amount in edible portion of common			
			Nun	nber					easures of fo		
						Source C	onfidence				
Nutrients and Uni	ts	Mean S	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	1.90	0.100	3		1		0.74	0.78	0.91	
Energy		512		1	MC	9		200	210	246	
Energy		2142		0	MC	9		835	878	1028	
Protein		9.70		1	MC	9		3.78	3.98	4.66	
Total lipid (fat)	_	34.00		1	MC	9		13.26	13.94	16.32	
Ash		1.80	0.076	3	мс	1		0.70	0.74	0.86	
	-	53.00	0.070	1	MC	9		20.67	21.73	25.44	
Carbohydrate, by difference		9.7		1	MC	9		3.8		4.7	
Fiber, total dietary									4.0		
Sugars, total		43.00		1	MC	9		16.77	17.63	20.64	
Starch	g										
Minerals:											
Calcium, Ca	<u>mg</u>	89		1	MC	9		35	36	43	
Iron, Fe	-	1.10		1	MC	9		0.43	0.45	0.53	
Magnesium, Mg											
Phosphorus, P											
Potassium, K	-	502	10.786	3		1		196	206	241	
Sodium, Na	-	36		1	MC	9		14	15	17	
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn											
Selenium. Se											
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,											
<u>Vitamins:</u>		0.2				•					
Vitamin C, total ascorbic acid		0.3		1	MC	9		0.1	0.1	0.1	
Thiamin	-										
Riboflavin	-										
Niacin	-										
Pantothenic acid	-										
Vitamin B-6	-										
Folate, total											
Folic acid											
Folate, food											
Folate, DFE											
Choline, total	-										
Betaine	-										
Vitamin B-12											
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta				_							
Vitamin A, IU		68		1	MC	9		27	28	33	
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	µg										
Lipids:											
Fatty acids, total saturated	a	12.100		1	MC	9		4.719	4.961	5.80	
1 any acius, iotai sannaleu	9	12.100		-	110	,		I. / LJ	4.501	5.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 4:0.....g 6:0.....g 8:0.....g 10:0.....g 13:0......g 14:0.....g 16:0......g 17:0.....g 18:0......g 20:0.....g 22:0.....g 24:0.....g Fatty acids, total monounsaturated......g 14:1......g 16:1 undifferentiated......g 17:1.....g 18:1 undifferentiated......g 20:1.....g 22:1 undifferentiated......g 24:1 c.....g Fatty acids, total polyunsaturated......g 18:2 undifferentiated.....g 18:4.....g 20:2 n-6 c.c....g 20:3 undifferentiated......g 20:4 undifferentiated.....g 20:5 n-3 (EPA)......g 21:5.....g 22:4....g 22:5 n-3 (DPA)......g 22:6 n-3 (DHA)......g Fatty acids, total trans......g 0.070 0.027 0.029 0.034 MC 12 Cholesterol....mg 5 Phytosterols....mg Others: Alcohol, ethyl......g Caffeine....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 package 1.375 oz Measure 2 = 41g: 1 serving 0.25 cup Measure 3 = 48g: 1 serving fun size

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	u gram s	or ear	bie portio	<u>011</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.30	0	0	0	4		1.31	0.60		
Energy	kcal	462		1	MC	9		263	120		
Energy	kJ	1933		0	MC	9		1102	503		
Protein	g	7.70	0	1	MC	9		4.39	2.00		
Total lipid (fat)	g	23.00	0	1	MC	9		13.11	5.98		
Ash	g	1.50	0	0	FLC	4		0.86	0.39		
Carbohydrate, by difference	g	65.50	0	1	MC	9		37.34	17.03		
Fiber, total dietary	g	1.9		1	MC	9		1.1	0.5		
Sugars, total	g	46.20	0	1	MC	9		26.33	12.01		
Starch											
	_										
Minerals:											
Calcium, Ca	_	69	_	1	MC	9		39	18		
Iron, Fe		0.50	D	1	MC	9		0.29	0.13		
Magnesium, Mg		51		0	FLC	4		29	13		
Phosphorus, P		140		0	FLC	4		80	36		
Potassium, K	_	259		0	FLC	4		148	67		
Sodium, Na	_	193	•	1	MC	9		110	50		
Zinc, Zn	_	1.19		0	FLC	4 4		0.68	0.31		
Copper, Cu		0.3		0	FLC FLC	4		0.201 0.305	0.092 0.139		
Manganese, Mn	_	3.2	35	0	FLC	4		1.8	0.139		
Selenium, Se	µg	3.2		U	FLC	4		1.0	0.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0	0.0		
Thiamin	mg	0.14	49	0	FLC	4		0.085	0.039		
Riboflavin	mg	0.1	21	0	FLC	4		0.069	0.032		
Niacin	mg	2.54	45	0	FLC	4		1.451	0.662		
Pantothenic acid	mg	0.5	39	0	FLC	4		0.307	0.140		
Vitamin B-6	mg	0.08	86	0	FLC	4		0.049	0.022		
Folate, total	µg	44		0	FLC	4		25	11		
Folic acid	µg	0		0	FLC	4		0	0		
Folate, food	µg	44		0	FLC	4		25	11		
Folate, DFE	µg	44		0	NC	4		25	11		
Choline, total	mg	37.1		0	0	4		21.2	9.6		
Betaine	mg										
Vitamin B-12	µg	0.20	0	0	FLC	4		0.11	0.05		
Vitamin B-12, added	µg	0.00	0	0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	0		0	NC	4		0	0		
Retinol	µg	0		0	NR	4		0	0		
Carotene, beta	µg	0		0	NR	4		0	0		
Carotene, alpha	µg	0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		0		1	MC	9		0	0		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)	mg	2.2	1	0	FLC	4		1.26	0.57		
Vitamin E, added		0.00	0	0	Z	7		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		1.2		0	FLC	4		0.7	0.3		
Dihydrophylloquinone											
Menaquinone-4											

	<u>Am ou</u>	nt in 100 grams	of edi	ble portion		Amount in edible portion of common			
		Number	•			m	easures of foo	od_	
				Source Con	fidence				
Nutrients and Units	Mean Sto	d. Error Points			ode	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>									
Fatty acids, total saturated	9.600	1	MC	9		5.472	2.496		
4:0g	0.124	0	FLC	4		0.070	0.032		
6:0g	0.055	0	FLC	4		0.032	0.014		
8:0g	0.160	0	FLC	4		0.091	0.042		
10:0g	0.156	0	FLC	4		0.089	0.041		
12:0g	0.853	0	FLC	4		0.486	0.222		
13:0g	0.000	0	FLC	4		0.000	0.000		
14:0g	0.471	0	FLC	4		0.269	0.123		
15:0g	0.017	0	FLC	4		0.010	0.004		
16:0g	2.869	0	FLC	4		1.636	0.746		
17:0g	0.016	0	FLC	4		0.009	0.004		
18:0g	1.815	0	FLC	4		1.035	0.472		
20:0g	0.042	0	FLC	4		0.024	0.011		
22:0g	0.004	0	FLC	4		0.003	0.001		
24:0g	0.000	0	FLC	4		0.000	0.000		
Fatty acids, total monounsaturatedg	5.530	0	FLC	4		3.152	1.438		
14:1g	0.011	0	FLC	4		0.007	0.003		
15:1g	0.000	0	FLC	4		0.000	0.000		
16:1 undifferentiatedg	0.024	0	FLC	4		0.013	0.006		
17:1g	0.003	0	FLC	4		0.002	0.001		
18:1 undifferentiated	5.376	0	FLC	4		3.064	1.398		
20:1g	0.116	0	FLC	4		0.066	0.030		
22:1 undifferentiated	0.000	0	FLC	4 4		0.000	0.000		
24:1 cg	0.000		FLC			0.000	0.000		
Fatty acids, total polyunsaturated9	2.706	0	FLC	4		1.542	0.704		
18:2 undifferentiated	2.705	0	FLC	4		1.542	0.703		
18:3 undifferentiatedg	0.001	0	FLC	4		0.000	0.000		
18:4g	0.000	0	FLC	4 4		0.000	0.000		
20:2 n-6 c,cg	0.000	-	FLC	=		0.000	0.000		
20:3 undifferentiated	0.000	0	FLC	4		0.000	0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000	0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000	0.000		
21:5g									
22:4g	0.000	•	a	4		0.000	0.000		
22:5 n-3 (DPA)g	0.000	0	FLC FLC	4 4		0.000	0.000		
22:6 n-3 (DHA)g	0.000 0.050	1	MC	9		0.000 0.029	0.000 0.013		
Fatty acids, total transg	0.050 7	1	MC	9		0.029 4	0.013		
Cholesterolmg Phytosterolsmg	,	1	MC	3		4	2		
Others:									
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0		
Caffeinemg	4	0	FLC	4		2	1		
Theobrominemg	44	0	FLC	4		25	11		

Common Measures:

Measure 1 = 57g: 1 bar 2 oz

Measure 2 = 26g: 1 serving fun size bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nestle USA, Inc.

Nutrients and Units	2.88 190 795 1.98	easures of foo Measure 2		C			um be	N								
Nutrients and Units	2.88 190 795 1.98	Measure 2		C	Num be r											
Nutrients and Units	2.88 190 795 1.98	Measure 2		Confidence	Source (Deriv										
Water	190 795 1.98		Measure 1						Sto	Mean	its	Nutrients and U				
Water	190 795 1.98											Dravimatas				
Energy	795 1.98	3.07	2.88		1		4 3	0.78	10	6.4	g					
Energy	1.98	203	190		9	MC	1			422						
Protein		848	795		9	MC	0			1766						
Ash	7 (5	2.11	1.98		9	MC	1		10	4.4						
Ash.	7.65	8.16	7.65		9	MC	1		00	17.0	g	Total lipid (fat)				
Fiber, total dictary	0.68	0.72	0.68		1		5 3	0.18	50	1.5		- · · · · · · · · · · · · · · · · · · ·				
Fiber, total dietary	31.95	34.08	31.95		9	MC	1		00	71.0	g	Carbohydrate, by difference				
Minerals: Calcium, Ca	1.0	1.1	1.0		9	MC	1		2	2.2						
Starch	26.55	28.32	26.55		9	MC	1		00	59.0	g	Sugars, total				
Calcium, Ca												•				
Calcium, Ca																
Iron, Fe																
Magnesium, Mg	38										-	,				
Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. J/9 Vitamins: w Vitamin, C, total ascorbic acid. mg 1.6 1 Mc 9 0.7 0.8 Thiamin. pg 1.6 1 Mc 9	0.54	0.58	0.54		9	MC	1		20	1.2	-					
Potassium, K											-	0 , 0				
Sodium, Na												•				
Zinc, Zn	15	16	15		0	wa	-			22	-					
Copper, Cu	13	16	15		9	мС	_			33	-	*				
Manganese, Mn											-	*				
Vitamins Vitamin C, total ascorbic acid. Mg Mg Mg Mg Mg Mg Mg M											-	11 /				
Vitamins: Vitamin C, total ascorbic acid. mg 1.6 1 MC 9 0.7 0.8 Thiamin. mg No.7 0.8 No.7 0.8 No.8 No.7 0.8 No.8 N												9 .				
Vitamin C, total ascorbic acid											µy	Selenium, Se				
Thiamin												Vitamins:				
Riboflavin	0.7	0.8	0.7		9	MC	1		5	1.6	<u>mg</u>	Vitamin C, total ascorbic acid				
Niacin											mg	Thiamin				
Pantothenic acid											mg	Riboflavin				
Vitamin B-6											-					
Folate, total																
Folic acid											-					
Folate, food																
Folate, DFE																
Choline, total																
Betaine																
Vitamin B-12											-	,				
Vitamin A, RAE																
Retinol																
Carotene, beta																
Carotene, alpha																
Cryptoxanthin, beta																
Vitamin A, IU												_				
Lycopene	35	27	35		٩	мс	1			77		• •				
Lutein + zeaxanthin	33	37	33		,	мс	-			,,						
Vitamin E (alpha-tocopherol)mg Tocopherol, betamg																
Tocopherol, betamg																
LOCOMORDO DADODA HIU												Tocopherol, gamma				
Tocopherol, delta																
Tocotrienol, alphamg																
Tocotrienol, beta																
Tocotrienol, gammamg											-	, , , , , , , , , , , , , , , , , , ,				
Tocotrienol, delta												=				
Vitamin D (D2 + D3)																
Vitamin DU																
Vitamin K (phylloquinone)µg											µg	Vitamin K (phylloquinone)				
Dihydrophylloquinoneµg																
Menaquinone-4µg																
I inid												T inida.				
Lipids: Fatty acids, total saturated		5.280	4.950		9	MC	1		000	11.0	g					

	Amount in 100 grams of edible portion Number of Data Deriv Source Confidence						of common od
Nutrients and Units	Mean Std. Erro	of Data I Points (ce Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg Fatty acids, total transg	0.080	1	MC	9	0.036	0.038	0.036
Cholesterolmg Phytosterolsmg	11	1	MC	9	5	5	5

Common Measures:

Measure 1 = 45g: 1 serving 1.58 oz bag Measure 2 = 48g: 1 serving fun size Measure 3 = 45g: 1 serving 0.25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nutrients and Units			<u>Am ount</u>	in 100 grams		ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units						Source	Confidence	<u> </u>	<u> </u>	<u></u>
Water	Nutrients and Un	its	Mean Std.					Measure 1	Measure 2	Measure 3
Water	Proximates:									
Ferry	Water		1.65	1	MC	9		0.64		
Poster No. 6.25	Energy	kcal	521	1	MC	9		203		
Truel Inplication	Energy	kJ	2181	0	MC					
Ash.	Protein (N x 6.25)	g	11.34	1	MC	9		4.42		
Carbedy-byte Order Order	Total lipid (fat)	g	29.85	1	MC	9		11.64		
Fiber, read deterty	Ash	g	1.62	1	MC	9		0.63		
Suprats, total	Carbohydrate, by difference	g			MC	9				
Sharch S	Fiber, total dietary	g	3.1	1	MC	9		1.2		
Minerals:	Sugars, total	g	48.03	1	MC	9		18.73		
Calcium Ca	Starch	g								
Iron, Fe.	Minerals:									
Magnesium Mg.	Calcium, Ca	mg	112	1	MC	9		44		
Phosphorats P.		_								
Potassim K.										
Sodium, Na.	•									
Zinc_Zh		_								
Copper, C.		_								
Manganese, Mn. mg										
Selenium, Se.										
Vitamins: Nitamins C, total ascorbic acid. mg 0 . 8 1	9									
Vitamin C, rotal ascothic acid.	Selenium, Se	µg	1.6	1	MC	9		0.6		
Thiamin	<u>Vitamins:</u>									
Riboflavin	*	-								
Niacin										
Pantothenic acid		-								
Vitamin B-6		-								
Folate, total										
Folic acid		-								
Folate, food			42	1	MC	9		17		
Folate, DFE.										
Choline, total										
Betaine	· · · · · · · · · · · · · · · · · · ·									
Vitamin B-12										
Vitamin A, RAE		-								
Carotene, beta										
Carotene, alpha	Retinol	µg								
Cryptoxanthin, beta	Carotene, beta	µg								
Vitamin A, IU	Carotene, alpha	µg								
Lycopene	Cryptoxanthin, beta	µg								
Lutein + zeaxanthin µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocotrienol, delta mg Tocotrienol, alpha mg Tocotrienol, gamma mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin E (phylloquinone) µg Dihydrophylloquinone µg Menaquinone-4 µg	Vitamin A, IU	<u>IU</u>	60	1	MC	9		23		
Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocotrienol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg Vitamin D (D2 + D3). µg Vitamin D. U Vitamin K (phylloquinone). µg Dihydrophylloquinone. µg Menaquinone-4. µg	• •									
Tocopherol, beta										
Tocopherol, gamma	` I '	-								
Tocopherol, delta	•									
Tocotrienol, alpha	1 / 0	-								
Tocotrienol, beta	•									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3) µg Vitamin D U Vitamin K (phylloquinone) µg Dihydrophylloquinone µg Menaquinone-4 µg Lipids:										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone µg Menaquinone-4 µg Lipids:										
Menaquinone-4µg										
	I inide:									
		g	18.000	1	MC	9		7.020		

Candies, REESE'S BITES

	Amount in 1	00 grams	<u>n</u>	Amount in edible portion of common				
		Num bei		0	0 (1 . 1	measures of food		
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
	F 060	-	1 40			0.852		
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg	7.060 1.820	1	MC MC	9 9		2.753 0.710		
Fatty acids, total transg	0.050	1	MC	9		0.020		
Cholesterolmg	7	1	MC	9		3		
Phytosterolsmg								
Others:								
Alcohol, ethyl	0.0	1	MC	9		0.0		
Caffeinemg	0	1	MC	9		0		
Theobrominemg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 16 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nutrients and Units			<u>Am</u>	ount in 10			ble portio	<u>on</u>	Amount in edible portion of commor measures of food		
Nutrients and Units					Number					<u> </u>	<u>, u</u>
Proximates:							Source (Confidence			
Nater. 9	Nutrients and Un	its	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water											
Finerry		a	1 5	0	1	мс	٩		0.81	0 51	
Energy		-		O							
Protein											
Total light (dam. 9	0.			0							
Ash											
Carbeydran, by difference	1 ' '	_									
Pietr total dictary											
Sugars, Votel	•										
Surch											
Minerals:	•		40.2	2	1	MC	9		21.72	13.67	
Tablemin. Cr.	Starch	g									
Fron, Fr.	Minerals:										
Magnesium Mg.	Calcium, Ca	<u>mg</u>									
Phosphoras, P.		_		3							
Potascium K mg 364 1 MC 9 197 124 Sodium Na mg 141 1 MC 9 76 48 Zinc, Zh mg 1.29 1 MC 9 0.70 0.44 Zinc, Zh mg 0.20 1 MC 9 0.146 0.092 Manganese, M mg 0.000 1 MC 9 0.146 0.092 Manganese, M mg 0.000 1 MC 9 0.010 0.100 Selentium, Sc µg 0.2 1 MC 9 0.000 0.000 Selentium, Sc µg 0.2 1 MC 9 0.000 0.000 Selentium, Sc µg 0.2 1 MC 9 0.000 0.000 Selentium, Sc µg 0.2 1 MC 9 0.01 0.10 Vitamins C. total ascobic acid. mg 0.180 1 MC 9 0.2 0.2 Vitamins C. total ascobic acid. mg 0.180 1 MC 9 0.097 0.061 Riboflavin mg 0.180 1 MC 9 0.097 0.061 Riboflavin mg 0.180 1 MC 9 0.054 0.034 Niacin mg 0.5 5.250 1 MC 9 0.054 0.034 Vitamin B-6 mg 0.100 1 MC 9 0.054 0.034 Vitamin B-6 mg 0.100 1 MC 9 0.054 0.034 Vitamin B-6 mg 0.100 1 MC 9 0.054 0.034 Foliac, food µg Foliac, food µg Foliac, food µg Carotene, letta mg Carotene, letta µg Cryposamlin, beta µg Cr	0 , 0	_									
Sodium Na	•										
Time Time	*	_									
Copper Cu	, , , , , , , , , , , , , , , , , , , ,			_							
Manganese, Mn.	,	• • • • • • • • • • • • • • • • • • • •									
Vitamins:	11 /	_									
Vitamins: Vitamin C, total ascorbic acid. Mg 0.5 1 MC 9 0.2 0.2 Thiamin. mg 0.180 1 MC 9 0.097 0.061 Riboflavin. mg 0.100 1 MC 9 0.054 0.034 Niacin. mg 0.540 1 MC 9 0.282 0.184 Plantothenic acid. mg 0.540 1 MC 9 0.292 0.184 Vitamin B-6 mg 0.100 1 MC 9 0.054 0.034 Folate, total. µg 56 1 MC 9 30 19 Folate, DFE. µg 1 MC 9 30 19 19 Vitamin B-12. µg 1 MC 9 30 19 19 12 10 10 10 10 10 10 10 10 10 10 10 10 10	ē :										
Vitamin C, total ascorbic acid	Selenium, Se	µg	0.2		1	MC	9		0.1	0.1	
Thiannin	Vitamins:										
Riboflavin.	Vitamin C, total ascorbic acid	mg	0.5		1	MC	9		0.2	0.2	
Niacin	Thiamin	mg	0.1	80	1	MC	9		0.097	0.061	
Pantothenic acid	Riboflavin	mg	0.1	00	1	MC	9		0.054	0.034	
Vitamin B-6	Niacin	mg	5.2	50	1	MC	9		2.835	1.785	
Folate, total	Pantothenic acid	mg								0.184	
Folia cidd	Vitamin B-6	mg		00							
Folate, food J. J. S. Folate, p. J. S. F			56		1	MC	9		30	19	
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU											
Lycopene			36		1	MC	9		19	12	
Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocotrienol, alpha. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg Vitamin D (D2 + D3). µg Vitamin K (phylloquinone). µg Dihydrophylloquinone. µg Menaquinone-4. µg					_		-				
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocotrienol, alpha mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin K (phylloquinone) µg Dihydrophylloquinone µg Menaquinone-4 µg Lipids:											
Tocopherol, beta											
Tocopherol, gamma											
Tocotrienol, alpha	=										
Tocotrienol, beta	Tocopherol, delta	mg									
Tocotrienol, gamma	Tocotrienol, alpha	mg									
Tocotrienol, delta	Tocotrienol, beta	mg									
Vitamin D (D2 + D3)	. •										
Vitamin D											
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg Menaquinone-4µg Lipids:											
Dihydrophylloquinoneµg Menaquinone-4µg Lipids:											
Menaquinone-4μg <u>Lipids:</u>	• • •										
Lipids:											
	Menaquinone-4	µg									
	Lipids:										
rany acids, notal saturated	Fatty acids, total saturated	g	8.8	60	1	MC	9		4.784	3.012	

Candies, REESE'S NUTRAGEOUS Candy Bar

	Amount in 1	00 grams	<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg	12.630 8.090	1	MC MC	9 9		6.820 4.369	4.294 2.751	
Fatty acids, total trans	3	1	MC	9		2	1	
Others: g Alcohol, ethyl. g Caffeine. mg Theobromine. mg	0.0	1	MC	9		0.0	0.0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 bar 1.92 oz

Measure 2 = 34g: 2 bars

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of foo	od	
						Course (Cantidanaa				
							Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		1.00)	1	MC	9		0.47	0.08	0.46	
Energy		497		1	MC	9		234	40	229	
Energy	kJ	2080		0	MC	9		978	166	957	
Protein	g	12.46	5	1	MC	9		5.86	1.00	5.73	
Total lipid (fat)	g	24.77	7	1	MC	9		11.64	1.98	11.39	
Ash	g	1.81	L	1	MC	9		0.85	0.14	0.83	
Carbohydrate, by difference	g	59.86	5	1	MC	9		28.13	4.79	27.54	
Fiber, total dietary	g	3.0		1	MC	9		1.4	0.2	1.4	
Sugars, total		53.25	5	1	MC	9		25.03	4.26	24.50	
Starch											
Minerals:											
Calcium, Ca	_	69		1	MC	9		32	6	32	
Iron, Fe	_	0.49	•	1	MC	9		0.23	0.04	0.23	
Magnesium, Mg	mg	88		1	MC	9		42	7	41	
Phosphorus, P	mg	207		1	MC	9		97	17	95	
Potassium, K	_	359		1	MC	9		169	29	165	
Sodium, Na	mg	194		1	MC	9		91	16	89	
Zinc, Zn	mg	1.15	5	1	MC	9		0.54	0.09	0.53	
Copper, Cu	mg	0.41	LO	1	MC	9		0.193	0.033	0.18	
Manganese, Mn	mg	1.10	00	1	MC	9		0.517	0.088	0.50	
Selenium, Se	µg	0.8		1	MC	9		0.4	0.1	0.4	
Vitamins:											
Vitamin C, total ascorbic acid	mα	0.0		1	MC	9		0.0	0.0	0.0	
Thiamin	_	0.18	Rn.	1	MC	9		0.085	0.014	0.08	
Riboflavin	_	0.22		1	MC	9		0.103	0.014	0.10	
Niacin	_	6.06		1	MC	9		2.848	0.485	2.78	
Pantothenic acid	_	0.61		1	MC	9		0.287	0.049	0.28	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.11		1	MC	9		0.052	0.049	0.25	
	_	55		1	MC	9		26	4	25	
Foliate, total		0		0	FLM	4		0	0	0	
Folic acid		55		1	MC	9		26	4	25	
Folate, food				0		4		26 26	4		
Folate, DFE		55		0	NC	4			=	25	
Choline, total	_	28.7		U	BFFN	4		13.5	2.3	13.2	
Betaine											
Vitamin B-12		0.11		0	FLM	4		0.05	0.01	0.05	
Vitamin B-12, added		0.00	,	0	FLM	4		0.00	0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol	· -	0		0	FLM	4		0	0	0	
Carotene, beta		0		0	FLM	4		0	0	0	
Carotene, alpha		0		0	FLM	4		0	0	0	
Cryptoxanthin, beta		0		0	FLM	4		0	0	0	
Vitamin A, IU		0		1	MC	9		0	0	0	
Lycopene		0		0	FLM	4		0	0	0	
Lutein + zeaxanthin	µg	0		0	FLM	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.99		0	NR	4		0.47	0.08	0.46	
Vitamin E, added		0.00)	0	FLM	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0	
	įŪ	0		0	z	7		0	0	0	

	Amount in 10			Amount in edible portion of common measures of food			
		Number	•		<u>m</u>	easures of foc	<u>oa</u>
Nutrients and Units	Mean Std. Erro			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Vitaria V (aballancia con)	5.9	0	FLM	4	2.8	0.5	2.7
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg	3.9	U	FLM	*	2.0	0.5	2.7
Menaquinone-4							
Lipids:	16.420	1	MC	9	7 717	1 214	7.553
Fatty acids, total saturatedg	0.002	0	FLM	4	7.717	1.314 0.000	0.001
4:0g		0	FLM	4	0.001		
6:0g	0.039 0.639	0	FLM	4	0.018 0.300	0.003 0.051	0.018 0.294
8:0g	0.717	0	FLM	4	0.300	0.051	0.294
10:0g 12:0g	9.099	0	FLM	4	4.277	0.728	4.186
13:0	3.033	U	FLIM	-	4.2//	0.720	4.100
13:0	3.182	0	FLM	4	1.496	0.255	1.464
15:0g	3.102	· ·	гши	*	1.490	0.233	1.101
16:0g	1.989	0	FLM	4	0.935	0.159	0.915
17:0	1.303	·		-	0.333	0.133	0.515
18:0g	0.750	0	FLM	4	0.353	0.060	0.345
20:0g					******		
22:0							
24:0g							
Fatty acids, total monounsaturated9	4.460	1	MC	9	2.096	0.357	2.052
14:1g							
15:1g							
16:1 undifferentiatedg	0.019	0	FLM	4	0.009	0.002	0.009
17:1g							
18:1 undifferentiatedg	4.434	0	FLM	4	2.084	0.355	2.040
20:1g	0.002	0	FLM	4	0.001	0.000	0.001
22:1 undifferentiatedg	0.000	0	FLM	4	0.000	0.000	0.000
24:1 cg							
Fatty acids, total polyunsaturatedg	1.880	1	MC	9	0.884	0.150	0.865
18:2 undifferentiatedg	1.768	0	FLM	4	0.831	0.141	0.813
18:3 undifferentiatedg	0.108	0	FLM	4	0.051	0.009	0.049
18:4g	0.000	0	FLM	4	0.000	0.000	0.000
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	FLM	4	0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000	0	FLM	4	0.000	0.000	0.000
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLM	4	0.000	0.000	0.000
22:6 n-3 (DHA)	0.000	0 1	FLM	4 9	0.000	0.000	0.000
Fatty acids, total transg	0.000 0	1	MC MC	9	0.000 0	0.000 0	0.000
Cholesterolmg Phytosterolsmg	U	1	MC	3	U	U	U
1 HytosteloisIng							
Others:							
Alcohol, ethylg	0.0	1	MC	9	0.0	0.0	0.0
Caffeinemg		1	MC	9	0	0	0
mg	0	0	FLM	4	0	0	0

Common Measures:

Measure 1 = 47g: .25 cup

Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

Candies, REESE'S PIECES Candy

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19150 Candies, REESE'S Peanut Butter Cups

		AIII	ount in 100	grains	oi eui	ole hol tion		Amount in edible portion of common			
			ı	Num ber				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source Conf	idence				
Nutrients and Uni	ite	Mean	Std. Error				ode	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Wean	3tu. 🗀 101		0000			Weasure i	Weasure 2	Weasure	
Proximates:											
Water	g	1.4	4	1	MC	9		0.24	0.65	0.10	
Energy	kcal	515		1	MC	9		87	232	36	
Energy		2153		0	MC	9		366	969	151	
Protein		10.2	4	1	MC	9		1.74	4.61	0.72	
Total lipid (fat)	g	30.5	3	1	MC	9		5.19	13.74	2.14	
Ash	_	2.2	8	1	MC	9		0.39	1.03	0.16	
Carbohydrate, by difference	-	55.3	6	1	MC	9		9.41	24.91	3.88	
Fiber, total dietary		3.6		1	MC	9		0.6	1.6	0.3	
Sugars, total		47.1		1	MC	9		8.02	21.23	3.30	
Starch											
	9										
Minerals:											
Calcium, Ca	-	78		1	MC	9		13	35	5	
Iron, Fe	-	1.2	1	1	MC	9		0.21	0.54	0.08	
Magnesium, Mg	-	62		1	MC	9		11	28	4	
Phosphorus, P		161		1	MC	9		27	73	11	
Potassium, K	-	343		1	MC	9		58	155	24	
Sodium, Na	-	357		0	MC	9		61	161	25	
Zinc, Zn		1.2		1	MC	9		0.22	0.58	0.09	
Copper, Cu		0.2		1	MC	9		0.041	0.108	0.01	
Manganese, Mn		0.0	00	1	MC	9		0.000	0.000	0.00	
Selenium, Se	µg	1.4		1	MC	9		0.2	0.6	0.1	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.3		1	MC	9		0.1	0.1	0.0	
Thiamin	-	0.1		1	MC	9		0.027	0.072	0.01	
Riboflavin	-	0.1		1	MC	9		0.019	0.050	0.00	
Niacin	-	4.4		1	MC	9		0.763	2.021	0.31	
Pantothenic acid	-	0.6		1	MC	9		0.105	0.279	0.04	
Vitamin B-6	-	0.1		1	MC	9		0.017	0.045	0.00	
Folate, total	-	50		1	MC	9		8	22	3	
Folic acid		0		0	FLM	4		0	0	0	
Folate, food		50		1	MC	9		8	22	3	
Folate, DFE		50		0	NC	4		8	22	3	
Choline, total		35.4		0	FLM	4		6.0	15.9	2.5	
Betaine	-										
Vitamin B-12		0.2	6	0	FLM	4		0.04	0.12	0.02	
Vitamin B-12, added		0.0		0	FLM	4		0.00	0.00	0.00	
Vitamin A, RAE		17		0	NC	4		3	8	1	
Retinol		17		0	NR	4		3	8	1	
Carotene, beta		0		0	FLM	4		0	0	0	
Carotene, alpha		0		0	FLM	4		0	0	0	
Cryptoxanthin, beta		0		0	FLM	4		0	0	0	
Vitamin A, IU		56		0	NC	4		10	25	4	
Lycopene		0		0	FLM	4		0	0	0	
Lutein + zeaxanthin		2		0	FLM	4		0	1	0	
Vitamin E (alpha-tocopherol)		0.1	5	0	NR	4		0.03	0.07	0.01	
Vitamin E, added		0.0		0	FLM	4		0.00	0.00	0.00	
Tocopherol, beta	-		-	-		=				2.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		2.0		0	FLM	4		0.3	0.9	0.1	
Dihydrophylloquinone				-		•				***	
Menaquinone-4											

		<u>An</u>	ount in 10	0 grams	of edi	<u>on</u>	Amount in edible portion of common			
				Number	r			<u>m</u>	easures of foo	<u>od</u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	a	10.7	30	1	MC	9		1.824	4.829	0.751
4:0	-	0.2		0	FLM	4		0.048	0.127	0.020
6:0	•	0.1		0	FLM	4		0.017	0.046	0.007
8:0	-	0.0		0	FLM	4		0.010	0.026	0.004
10:0	-	0.1		0	FLM	4		0.019	0.050	0.008
12:0		0.1		0	FLM	4		0.021	0.055	0.008
13:0		0.0		0	FLM	4		0.000	0.000	0.000
14:0	-	0.3		0	FLM	4		0.065	0.172	0.027
15:0		0.0		0	FLM	4		0.007	0.017	0.027
16:0		5.4		0	FLM	4		0.919	2.434	0.003
17:0	-	0.0		0	FLM	4		0.006	0.016	0.003
18:0		3.8		0	FLM	4		0.657	1.738	0.270
20:0		0.0		0	FLM	4		0.016	0.043	0.007
22:0	-	0.0		0	FLM	4		0.018	0.043	0.007
	•	0.0		0	FLM	4		0.002	0.000	0.001
24:0 Fatty acids, total monounsaturated	-	13.1		1	MA	12		2.227	5.895	0.000
•	-	0.0		0	FLM	4		0.007	0.018	0.003
14:1	-	0.0		0	FLM	4		0.007	0.018	0.003
15:1	-	0.0		0	FLM	4				
		0.0		0	FLM	4		0.013 0.002	0.035	0.005 0.001
17:1		12.6		0		4			0.005	0.888
18:1 undifferentiated		0.2		0	FLM FLM	4		2.157	5.710	
20:1	-			0	FLM	4		0.048	0.128	0.020
22:1 undifferentiated	-	0.0		0		4		0.000	0.000	0.000
24:1 c	-	0.0		1	FLM			0.000	0.000	0.000
Fatty acids, total polyunsaturated		5.5		0	MC	9 4		0.935	2.475	0.385
18:2 undifferentiated		5.4		-	FLM			0.924	2.447	0.381
18:3 undifferentiated		0.0		0	FLM	4		0.004	0.010	0.002
18:4		0.0		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c		0.0		-	FLM	4		0.000	0.000	0.000
20:3 undifferentiated	-	0.0		0	FLM	4 4		0.000	0.000	0.000
20:4 undifferentiated		0.0		0	FLM	=		0.000	0.000	0.000
20:5 n-3 (EPA)	-	0.0	00	0	FLM	4		0.000	0.000	0.000
21:5	-									
22:4	-					_				
22:5 n-3 (DPA)	-	0.0		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA)		0.0		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans		0.0	00	1	MC	9		0.000	0.000	0.000
Cholesterol		6		1	MC	9		1	3	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine	mg	7		0	FLM	4		1	3	0
Theobromine	mg	72		0	FLM	4		12	32	5

Common Measures:

Measure 1 = 17g: 1 package 0.6 oz 1 cup Measure 2 = 45g: 1 package 1.6 oz 2 cups

Measure 3 = 7.0g: 1 miniature

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portioi	<u>n</u>	Amount in edible portion of common			
				Number				measures of food			
						Source C	onfidence				
Nutrients and Units		Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	4.1	0	1	мс	9		2.30			
Energy		474	•	1	MC	9		266			
		1985		0	MC	9		1112			
Energy			_								
Protein (N x 6.25)		8.6		1	MC	9		4.85			
Total lipid (fat)		23.4		1	MC	9		13.12			
Ash	-	2.0		1	MC	9		1.13			
Carbohydrate, by difference	g	61.6		1	MC	9		34.50			
Fiber, total dietary	g	2.9		1	MC	9		1.6			
Sugars, total	g	53.0	8	1	MC	9		29.72			
Starch	g										
Minerala											
Minerals:	ma	C1		-	va	0		2.4			
Calcium, Ca		61	<i>c</i>	1 1	MC	9 9		34			
Iron, Fe		0.9	6		MC			0.54			
Magnesium, Mg	-	48		1	MC	9		27			
Phosphorus, P		130		1	MC	9		73			
Potassium, K	_	284		1	MC	9		159			
Sodium, Na		330	_	1	MC	9		185			
Zinc, Zn	-	0.9		1	MC	9		0.53			
Copper, Cu		0.1		1	MC	9		0.101			
Manganese, Mn		0.0	00	1	MC	9		0.000			
Selenium, Se	µg	0.0		1	MC	9		0.0			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.4		1	MC	9		0.2			
Thiamin	-	0.1		1	MC	9		0.073			
Riboflavin	_	0.1		1	MC	9		0.056			
Niacin	-	3.5		1	MC	9		1.999			
Pantothenic acid	_	0.4		1	MC	9		0.235			
Vitamin B-6	-	0.0		1	MC	9		0.039			
	_	39	70	1	MC	9		22			
Folia e sid		39		1	МС	,		22			
Folic acid		39		1	MC	9		22			
Folate, food		39		1	МС	,		22			
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta				_		_					
Vitamin A, IU		40		1	MC	9		23			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg										
Vitamin D	<u>I</u> Ų										
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
-	-										
<u>Lipids:</u>											
Fatty acids, total saturated	9	8.2	30	1	MC	9					

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

	Amount in	100 grams	of edi	<u>n</u>	Amount in edible portion of common				
		Number				measures of food			
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturatedg	8.230		MC	9		4.609			
Fatty acids, total monounsaturated9	8.940	1	MC	9		5.006			
Fatty acids, total polyunsaturated	4.330	1	MC	9		2.425			
Fatty acids, total transg	0.000	1	MC	9		0.000			
Cholesterolmg	4	1	MC	9		2			
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	1	MC	9		0.0			
Caffeinemg	0	1	MC	9		0			
Theobrominemg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 ozbar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19896 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar Hershey Food Corp.

		Amount	in 100 grams	oreal	ole portio	<u>)11</u>	Amount in edible portion of common			
			Num ber				<u>m</u>	easures of foo	<u>od</u>	
			of Data	Deriv	Source (Confidence				
Nutrients and Un	nits	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure:	
Natificities and of	iito	mean ota.					weasure i	WCasarc 2	Wicasure	
Proximates:										
Water	g	1.66	0	FLC	4		0.93			
Energy	kcal	495	0	NC	4		277			
Energy	kJ	2070	0	NC	4		1159			
Protein (N x 6.25)	g	8.93	1	LC	8		5.00			
Total lipid (fat)	g	23.21	1	LC	8		13.00			
Ash	g	2.30	0	FLC	4		1.29			
Carbohydrate, by difference	g	63.90	0	NC	4		35.79			
Fiber, total dietary		3.6	1	LC	8		2.0			
Sugars, total		53.57	1	LC	8		30.00			
Starch										
Minerals:										
Calcium, Ca	-	36	1	LC	8		20			
Iron, Fe	-	0.64	1	LC	8		0.36			
Magnesium, Mg		60	0	FLC	4		34			
Phosphorus, P		156	0	FLC	4		87			
Potassium, K	_	257	0	FLC	4		144			
Sodium, Na	-	321	1	LC	8		180			
Zinc, Zn	-	1.45	0	FLC	4		0.81			
Copper, Cu		0.322	0	FLC	4		0.180			
Manganese, Mn	-	0.727	0	FLC	4		0.407			
Selenium, Se	µg	3.7	0	FLC	4		2.1			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	FLC	4		0.0			
Thiamin	mg	0.117	0	FLC	4		0.065			
Riboflavin	mg	0.113	0	FLC	4		0.063			
Niacin	mg	2.789	0	FLC	4		1.562			
Pantothenic acid	mg	0.529	0	FLC	4		0.296			
Vitamin B-6	mg	0.061	0	FLC	4		0.034			
Folate, total	µg	28	0	FLC	4		16			
Folic acid	µg	0	0	FLC	4		0			
Folate, food	µg	28	0	FLC	4		16			
Folate, DFE	µg	28	0	NC	4		16			
Choline, total	mg	20.9	0	0	4		11.7			
Betaine	mg									
Vitamin B-12	µg	0.18	0	FLC	4		0.10			
Vitamin B-12, added	µg	0.00	0	FLC	4		0.00			
Vitamin A, RAE	µg	14	0	FLC	4		8			
Retinol	µg	14	0	FLC	4		8			
Carotene, beta	µg	0	0	FLC	4		0			
Carotene, alpha	µg	0	0	FLC	4		0			
Cryptoxanthin, beta	µg	0	0	FLC	4		0			
Vitamin A, IU	JU	49	0	FLC	4		28			
Lycopene	µg	0	0	FLC	4		0			
Lutein + zeaxanthin		0	0	FLC	4		0			
Vitamin E (alpha-tocopherol)	mg	2.56	0	FLC	4		1.43			
Vitamin E, added		0.00	0	FLC	4		0.00			
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	0.0	0	Z	7		0.0			
Vitamin D	<u>I</u> U	0	0	Z	7		0			
Vitamin K (phylloquinone)	µg	1.8	0	FLC	4		1.0			
Dihydrophylloquinone	pg									
Menaquinone-4	ua									

	Amount in	100 grams		ble portion	<u>1</u>	Amount in edible portion of common measures of food		
				0		_		
Nutrients and Units	Mean Std. Er	of Data ror Points			onfidence Code	Measure 1	Measure 2	Measure 3

Lipids:	8.036	1	LC	8		4 500		
Fatty acids, total saturatedg 4:0g	0.173	0	FLC	4		4.500 0.097		
6:0g	0.173	0	FLC	4		0.037		
8:0g	0.058	0	FLC	4		0.038		
10:0g	0.096	0	FLC	4		0.054		
12:0g	0.560	0	FLC	4		0.314		
13:0g	0.000	0	FLC	4		0.000		
14:0	0.408	0	FLC	4		0.228		
15:0g	0.023	0	FLC	4		0.013		
16:0g	3.886	0	FLC	4		2.176		
17:0g	0.022	0	FLC	4		0.013		
18:0g	2.488	0	FLC	4		1.393		
20:0g	0.059	0	FLC	4		0.033		
22:0g	0.006	0	FLC	4		0.004		
24:0g	0.000	0	FLC	4		0.000		
Fatty acids, total monounsaturatedg	8.104	0	FLC	4		4.538		
14:1g	0.017	0	FLC	4		0.009		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.034	0	FLC	4		0.019		
17:1g	0.005	0	FLC	4		0.003		
18:1 undifferentiatedg	7.877	0	FLC	4		4.411		
20:1g	0.172	0	FLC	4		0.096		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturatedg	4.241 4.230	0	FLC FLC	4 4		2.375		
18:2 undifferentiated	4.230 0.011	0	FLC	4		2.369		
18:3 undifferentiated	0.001	0	FLC	4		0.006 0.000		
20:2 n-6 c.cg	0.000	0	FLC	4		0.000		
20:3 undifferentiatedg	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g				-		0.000		
22:4g 22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.000	0	FLC	4		0.000		
Cholesterolg	9	1	LC	8		5		
Phytosterolsmg	-	-	20	J		3		
Others:								
Alcohol, ethyl	0.0	0	FLC	4		0.0		
Caffeinemg	6	0	FLC	4		3		
Theobrominemg	60	0	FLC	4		33		

Common Measures:

Measure 1 = 56g: 1 serving 1 bar

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		Amo	unt in 10	u grams	or edi	ble portic	ווע		dible portion	
				Number				<u>m</u>	easures of fo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.60		1	MC	9		2.21	1.93	
Energy	kcal	474		1	MC	9		228	199	
Energy	kJ	1984		0	MC	9		952	833	
Protein	g	5.08		1	MC	9		2.44	2.13	
Total lipid (fat)	g	20.93		1	MC	9		10.05	8.79	
Ash		1.27		1	MC	9		0.61	0.53	
Carbohydrate, by difference	g	67.95		1	MC	9		32.62	28.54	
Fiber, total dietary		0.9		1	MC	9		0.4	0.4	
Sugars, total		63.93		1	MC	9		30.69	26.85	
Starch										
Minerals:										
Calcium, Ca	_	145		1	MC	9		70	61	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.42		1	MC	9		0.20	0.18	
Magnesium, Mg		0		1	MC	9		0	0	
Phosphorus, P		71		1	MC	9		34	30	
Potassium, K	_	188		1	MC	9		90	79	
Sodium, Na	_	188		1	MC	9		90	79	
Zinc, Zn	_	0.00		1	MC	9		0.00	0.00	
Copper, Cu		0.000		1	MC	9		0.000	0.000	
Manganese, Mn		0.000)	1	MC	9		0.000	0.000	
Selenium, Se	µg	0.0		1	MC	9		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	MC	9		0.4	0.4	
Thiamin	_	0.020)	1	MC	9		0.010	0.008	
Riboflavin	_	0.120)	1	MC	9		0.058	0.050	
Niacin	_	0.040)	1	MC	9		0.019	0.017	
Pantothenic acid	_	0.000)	1	MC	9		0.000	0.000	
Vitamin B-6	_	0.000)	1	MC	9		0.000	0.000	
Folate, total	_	0		1	MC	9		0	0	
Folic acid		0		0	FLC	4		0	0	
Folate, food		0		0	NR	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total		20.1		0	0	4		9.6	8.4	
Betaine	_									
Vitamin B-12		0.33		0	FLC	4		0.16	0.14	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		34		0	FLM	4		16	14	
Retinol		33		0	FLM	4		16	14	
Carotene, beta		0		0	FLM	4		0	0	
Carotene, alpha		0		0	FLM	4		0	0	
Cryptoxanthin, beta		0		0	FLM	4		0	0	
Vitamin A, IU		121		1	MC	9		58	51	
Lycopene		0		0	FLM	4		0	0	
Lutein + zeaxanthin		0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)		1.10		0	FLC	4		0.53	0.46	
Vitamin E, added		0.00		0	z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	_									
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0	
Vitamin K (phylloquinone)		3.2		0	FLC	4		1.6	1.4	
Dihydrophylloquinone		3.2		Ū	- 20	-			1.1	
Menaquinone-4										

	<u>Am our</u>	nt in 100 grams		ble portion	Amount in edible portion of common measures of food		
		Number					<u>~</u>
Nutrients and Units	Mean Std	of Data Error Points.		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturatedg	14.542	0	NC	4	6.980	6.108	
4:0g	0.448	0	FLC	4	0.215	0.188	
6:0g	0.229	0	FLC	4	0.110	0.096	
8:0g	0.167	0	FLC	4	0.080	0.070	
10:0g	0.250	0	FLC	4	0.120	0.105	
12:0g	0.275	0	FLC	4	0.132	0.115	
13:0g	0.000	0	FLC	4	0.000	0.000	
14:0g	0.947	0	FLC	4	0.454	0.398	
15:0g	0.045	0	FLC	4	0.022	0.019	
16:0g	6.535	0	FLC	4	3.137	2.745	
17:0g	0.049	0	FLC	4	0.024	0.021	
18:0g	5.423	0	FLC	4	2.603	2.277	
20:0g	0.137	0	FLC	4	0.066	0.058	
22:0g	0.038	0	FLC	4	0.018	0.016	
24:0g	0.000	0	FLC	4	0.000	0.000	
Fatty acids, total monounsaturatedg	2.104	0	NC	4	1.010	0.884	
14:1g	0.007	0	FLC	4	0.004	0.003	
15:1g	0.000	0	FLC	4	0.000	0.000	
16:1 undifferentiatedg	0.024	0	FLC	4	0.011	0.010	
17:1g	0.002	0	FLC	4	0.001	0.001	
18:1 undifferentiatedg	2.068	0	FLC	4	0.993	0.869	
20:1g	0.002	0	FLC	4	0.001	0.001	
22:1 undifferentiatedg	0.000	0	FLC	4	0.000	0.000	
24:1 cg	0.000	0	FLC	4	0.000	0.000	
Fatty acids, total polyunsaturatedg	0.265	0	NC	4	0.127	0.111	
18:2 undifferentiatedg	0.235	0	FLC	4	0.113	0.099	
18:3 undifferentiatedg	0.030	0	FLC	4	0.014	0.013	
18:4g	0.000	0	FLC	4	0.000	0.000	
20:2 n-6 c,cg	0.000	0	FLC	4	0.000	0.000	
20:3 undifferentiatedg	0.000	0	FLC	4	0.000	0.000	
20:4 undifferentiatedg	0.000	0	FLC	4	0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000	0.000	
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000	0.000	
Fatty acids, total transg	0.000	1	MC	9	0.000	0.000	
Cholesterolmg	12	1	MC	9	6	5	
Phytosterolsmg							
Others:							
Alcohol, ethyl	0.0	1	MC	9	0.0	0.0	
Caffeinemg	6	1	LC	8	3	3	
Theobrominemg	52	1	LC	8	25	22	

Common Measures:

Measure 1 = 48g: 1 package 1 package

Measure 2 = 42g: 7 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

 Lycopene.
 J49

 Lutein + zeaxanthin.
 J49

 Vitamin E (alpha-tocopherol)
 m9

 Tocopherol, beta.
 m9

 Tocopherol, gamma.
 m9

 Tocotrienol, alpha.
 m9

 Tocotrienol, beta.
 m9

 Tocotrienol, gamma.
 m9

 Tocotrienol, delta.
 m9

 Vitamin D (D2 + D3).
 J49

 Vitamin D.
 JU

 Vitamin K (phylloquinone).
 J49

 Dihydrophylloquinone-4.
 J49

Hershey Food Corp.

		Am	ount in 10	u grams	or edi	vie portio	<u>n</u>	Amount in e	dible portion	of common
				Number				m	easures of foc	od_
						Source C	Confidence			
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.9	0	1	MC	9		0.37	0.66	0.38
Energy	kcal	556		0	NC	4		228	406	233
Energy		2325		0	NC	4		953	1697	977
Protein		5.5	4	1	MC	9		2.27	4.04	2.33
Total lipid (fat)	_	32.4	0	1	MC	9		13.28	23.65	13.61
Ash		0.6		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference		60.4		0	NC	4		24.80	44.16	25.41
Fiber, total dietary		6.5	•	1	MC	9		2.7	4.8	2.7
Sugars, total		47.5	c	1	MC	9		19.50	34.72	19.98
<u> </u>		47.5	0	_	МС	9		19.50	34.72	19.90
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	30		1	MC	9		12	22	13
Iron, Fe	mg	2.1	3	1	MC	9		0.87	1.55	0.8
Magnesium, Mg	mg	31		1	MC	9		13	23	13
Phosphorus, P	mg	51		1	MC	9		21	37	22
Potassium, K	mg	502		1	MC	9		206	366	211
Sodium, Na	<u>mg</u>	6		1	MC	9		2	4	2
Zinc, Zn	mg	0.0	1	1	MC	9		0.00	0.01	0.0
Copper, Cu	mg	0.0	20	1	MC	9		0.008	0.015	0.0
Manganese, Mn	mg	0.0	00	1	MC	9		0.000	0.000	0.0
Selenium, Se	µg	0.3		1	MC	9		0.1	0.2	0.1
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin	-	0.0	00	1	MC	9		0.000	0.000	0.0
Riboflavin		0.0	10	1	MC	9		0.004	0.007	0.0
Niacin		0.0	00	1	MC	9		0.000	0.000	0.0
Pantothenic acid	_	0.0	00	1	MC	9		0.000	0.000	0.0
Vitamin B-6		0.0		1	MC	9		0.000	0.000	0.0
Folate, total	-	0		1	MC	9		0	0	0
Folic acid										
Folate, food		0		1	MC	9		0	0	0
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12	_									
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU										

	Amount in 10	00 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
		Number of Data		Source C	Confidence		easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated								
Fatty acids, total monounsaturatedg	5.140	1	MC	9		2.107	3.752	2.159
Fatty acids, total polyunsaturated	0.440	1	MC	9		0.180	0.321	0.185
Fatty acids, total trans								
Cholesterolmg	5	1	MC	9		2	4	2
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	1	MC	9		0.0	0.0	0.0
Caffeinemg								
Theobrominemg								

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz Measure 2 = 73g: 1 bar 2.6 oz Measure 3 = 42g: 3 blocks

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Num ber					easures of fo	
						Source C	onfidence			
Nutrients and U	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.9	4	1	MC	9		0.39	0.64	
Energy		531		1	MC	9		223	361	
Energy		2222		0	MC	9		933	1511	
Protein		8.5		1	MC	9		3.57	5.79	
Total lipid (fat)		30.5		1	MC	9		12.84	20.79	
Ash	-	1.6		1	MC	9		0.68	1.09	
Carbohydrate, by difference		58.0	L	1	MC	9		24.36	39.45	
Fiber, total dietary		1.7	_	1	MC	9		0.7	1.2	
Sugars, total		53.9	•	1	MC	9		22.66	36.69	
Starch	g									
Minerals:										
Calcium, Ca	<u>m</u> g	251		1	MC	9		105	170	
Iron, Fe	-	0.9	1	1	MC	9		0.38	0.62	
Magnesium, Mg	-									
Phosphorus, P		206		1	MC	9		87	140	
Potassium, K		438		1	MC MC	9 9		184 42	298	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	101		1	MC	9		42	68	
Zinc, Zn Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	-									
,										
Vitamins:				_		•				
Vitamin C, total ascorbic acid		2.2		1	MC	9		0.9	1.5	
Thiamin	-									
Riboflavin	-									
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total	-									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12										
Vitamin A, RAE	1. 7			_		•				
Vitamin A, IU		229		1	MC	9		96	155	
Lycopene										
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4										
-										
<u>Lipids:</u>										
Fatty acids, total saturated		18.3		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated		7.9		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated.		0.69	90	1	MC	9		0.290	0.469	
Fatty acids, total trans		24		1	MC	9		10	16	
Cholesterol	9	44		_	MC	9		Τ0	70	

Candies, SYMPHONY Milk Chocolate Bar

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 bar 1.5 oz Measure 2 = 68g: 1 bar 2.4 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amo	ount in 10	u gram s	or edil	oie portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of fo	od	
						Source	Confidence				
Nutrients and Un	ite	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
- Nutrients and on		Weari C	J. 101					Wicasarc 1	Wedsure 2	Weasure	
Proximates:											
Water	g	3.28		0	FLC	4		1.15			
Energy		525		0	NC	4		184			
Energy		2196		0	NC	4		769			
Protein	g	5.71		0	MC	9		2.00			
Total lipid (fat)		28.57		0	MC	9		10.00			
Ash		1.22		0	FLC	4		0.43			
Carbohydrate, by difference		61.21		0	FLC	4		21.43			
Fiber, total dietary		2.5		0	FLC	4		0.9			
Sugars, total		55.74		0	MC	9		19.51			
Starch	g	0.02		0	FLC	4		0.01			
Minerals:											
Calcium, Ca	mg	126		0	FLC	4		44			
Iron, Fe	mg	1.60		0	FLC	4		0.56			
Magnesium, Mg	mg	47		0	FLC	4		17			
Phosphorus, P		145		0	FLC	4		51			
Potassium, K	-	260		0	FLC	4		91			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	54		0	FLC	4		19			
Zinc, Zn		1.53	_	0	FLC	4		0.54			
Copper, Cu		0.340		0	FLC	4		0.119			
Manganese, Mn		0.361	L	0	FLC	4 4		0.126			
Selenium, Se	µg	3.6		U	FLC	4		1.3			
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0	FLC	4		0.0			
Thiamin	_	0.076		0	FLC	4		0.027			
Riboflavin	-	0.237		0	FLC	4		0.083			
Niacin	-	0.353		0	FLC	4		0.123			
Pantothenic acid	-	0.316		0	FLC	4 4		0.110 0.009			
Vitamin B-6	-	0.027 9	<i>'</i>	0	FLC FLC	4		3			
Folate, total		0		0	FLC	4		0			
Folate, food		9		0	NR	4		3			
Folate, DFE		9		0	NC	4		3			
Choline, total		60.5		0	FLC	4		21.2			
Betaine	-	1.7		0	FLC	4		0.6			
Vitamin B-12		0.47		0	FLC	4		0.17			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE	µg	37		0	NC	4		13			
Retinol	µg	37		0	FLC	4		13			
Carotene, beta	µg	0		0	FLC	4		0			
Carotene, alpha	µg	0		0	FLC	4		0			
Cryptoxanthin, beta	µg	0		0	FLC	4		0			
Vitamin A, IU	IU	122		0	NC	4		43			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		4		0	FLC	4		1			
Vitamin E (alpha-tocopherol)	-	1.77		0	FLC	4		0.62			
Vitamin E, added		0.00		0	FLC	4		0.00			
Tocopherol, beta		0.01		0	FLC FLC	4 4		0.00			
Tocopherol, gamma		0.59		0				0.21			
Tocopherol, delta		0.00		0	FLC	4		0.00			
Tocotrienol, alpha Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0			
Vitamin D		0		0	FLC	4		0			
Vitamin K (phylloquinone)		19.4		0	FLC	4		6.8			
Dihydrophylloquinone		0.0		0	FLC	4		0.0			
Menaquinone-4											

	Amount in 1			ble portion		Amount in edible portion of common measures of food		
		Number			<u>m</u>	easures or roo	<u> </u>	
		of Data	Deriv	Source Confiden	ce			
Nutrients and Units	Mean Std. Erro	r Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Lipids:								
Fatty acids, total saturated	17.143	0	FLC	4	6.000			
4:0g	0.295	0	FLC	4	0.103			
6:0g	0.082	0	FLC	4	0.029			
8:0g	0.092	0	FLC	4	0.032			
10:0g	0.203	0	FLC	4	0.071			
12:0g	0.209	0	FLC	4	0.073			
13:0g	0.000	0	FLC	4	0.000			
14:0g	0.989	0	FLC	4	0.346			
15:0g	0.000	0	FLC	4	0.000			
16:0g	8.368	0	FLC	4	2.929			
17:0g	0.011	0	FLC	4	0.004			
18:0g	6.830	0	FLC	4	2.391			
20:0g	0.059	0	FLC	4	0.021			
22:0	0.005	0	FLC	4	0.002			
24:0g	0.000	0	FLC	4	0.000			
Fatty acids, total monounsaturatedg	3.744	0	FLC	4	1.310			
14:1	0.000	0	FLC	4	0.000			
15:1g	0.000	0	FLC	4	0.000			
16:1 undifferentiatedg	0.187	0	FLC	4	0.065			
17:1	0.000	0	FLC	4	0.000			
18:1 undifferentiatedg	3.557	0	FLC	4	1.245			
20:1g	0.000	0	FLC	4	0.000			
22:1 undifferentiatedg	0.000	0	FLC	4	0.000			
24:1 cg	0.000	0	FLC	4	0.000			
	3.234	0	FLC	4	1.132			
Fatty acids, total polyunsaturated	2.905	0	FLC	4				
18:2 undifferentiated	0.329	0	FLC	4	1.017			
18:3 undifferentiatedg		0		4	0.115			
18:4g	0.000	0	FLC	4	0.000			
20:2 n-6 c,cg	0.000		FLC		0.000			
20:3 undifferentiated	0.000	0	FLC	4	0.000			
20:4 undifferentiated	0.000	0	FLC	4	0.000			
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000			
21:5g								
22:4g	0.000	•	a	4	0.000			
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000			
22:6 n-3 (DHA)	0.000	0	FLC	4	0.000			
Fatty acids, total transg	0.000	0	FLC	4	0.000			
Cholesterolmg	14	0	FLC	4	5			
Phytosterolsmg								
Stigmasterolmg	10	0	FLC	4	4			
Campesterolmg	4	0	FLC	4	1			
Beta-sitosterolmg	27	0	FLC	4	9			
Others:								
Alcohol, ethylg	0.0	0	FLC	4	0.0			
Caffeinemg	12	0	FLC	4	4			
Theobrominemg	128	0	NR	4	45			

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount in 1	00 grams	of edi	ble portic	<u>on</u>	Amount in e	Amount in edible portion of common			
			Number	•				easures of fo			
					Source	Confidence					
Nutrients and l	Jnits	Mean Std. Erro	r Points			Code	Measure 1	Measure 2	Measure 3		
Proximates:											
Water	g	6.69	1	A	1	D	2.68	0.44			
Energy	kcal	387	0	NC	4		155	26			
Energy	kJ	1619	0	NC	4		648	107			
Protein (N x 6.25)		1.59	1	A	1	D	0.64	0.10			
Total lipid (fat)	g	3.31	1	A	1	D	1.32	0.22			
Ash	g	0.68	1	A	1	D	0.27	0.04			
Carbohydrate, by difference	g	87.73	0	NC	4		35.09	5.79			
Fiber, total dietary		0.1	1	A	1	D	0.0	0.0			
Sugars, total		56.32	1	A	1	D	22.53	3.72			
Sucrose		39.35	1	A	1	D	15.74	2.60			
Glucose (dextrose)		7.85	1	A	1	D	3.14	0.52			
Fructose		0.40	1	A	1	D	0.16	0.03			
Lactose		2.18	1	A	1	D	0.87	0.14			
Maltose		6.54	1	A	1	D	2.62	0.43			
Galactose		0.00	1	A	1	D	0.00	0.00			
Starch		15.30	1	A	1	D	6.12	1.01			
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	36	1	A	1	D	14	2			
Iron, Fe	mg	0.80	1	A	1	D	0.32	0.05			
Magnesium, Mg	mg	22	1	A	1	D	9	1			
Phosphorus, P	mg	57	1	A	1	D	23	4			
Potassium, K	mg	116	1	A	1	D	46	8			
Sodium, Na		44	1	A	1	D	18	3			
Zinc, Zn		0.40	1	A	1	D	0.16	0.03			
Copper, Cu		0.130	1	A	1	D	0.052	0.009			
Manganese, Mn		0.047	1	A	1	D -	0.019	0.003			
Selenium, Se	µg	2.2	1	A	1	D	0.9	0.1			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	1	A	1	D	0.0	0.0			
Thiamin	mg	0.056	1	A	1	D	0.022	0.004			
Riboflavin	mg	0.070	1	A	1	D	0.028	0.005			
Niacin	mg	0.210	1	A	1	D	0.084	0.014			
Pantothenic acid	mg	0.290	1	A	1	D	0.116	0.019			
Vitamin B-6	mg	0.010	1	A	1	D	0.004	0.001			
Folate, total		9	1	A	1	D	4	1			
Folic acid	µg	3	1	A	1	D	1	0			
Folate, food	µg	6	1	AS	1		2	0			
Folate, DFE	µg	11	0	NC	4		4	1			
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.00	1	A	1	D	0.00	0.00			
Vitamin A, RAE	µg	0	0	AS	1		0	0			
Retinol	µg										
Carotene, beta	µg	0	1	A	1	D	0	0			
Carotene, alpha	µg	0	1	A	1	D	0	0			
Cryptoxanthin, beta	µg	0	1	A	1	D	0	0			
Vitamin A, IU	IU	0	0	AS	1		0	0			
Lycopene		0	1	A	1	D	0	0			
Lutein + zeaxanthin		0	0	NR	4		0	0			
Vitamin E (alpha-tocopherol)		0.65	1	A	1	D	0.26	0.04			
Tocopherol, beta		0.06	1	A	1	D	0.02	0.00			
Tocopherol, gamma	mg	7.42	1	A	1	D	2.97	0.49			
Tocopherol, delta	mg	3.18	1	A	1	D	1.27	0.21			
Tocotrienol, alpha	mg	0.00	1	A	1	D	0.00	0.00			
Tocotrienol, beta	_	0.00	1	A	1	D	0.00	0.00			
Tocotrienol, gamma	mg	0.00	1	A	1	D	0.00	0.00			
Tocotrienol, delta	mg	0.00	1	A	1	D	0.00	0.00			

Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Vitamin D (D2 + D3)......µg Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U Vitamin K (phylloquinone)......µg 9.6 1 Α 1 D 3.9 0.6 Dihydrophylloquinone.....µg 18.7 А 7.5 1.2 Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 0.967 0 NC 4 0.387 0.064 0.000 D 0.000 0.000 1 1 4:0.....g Α 6:0.....g 0.000 1 Α 1 D 0.000 0.000 0.067 1 1 D 0.027 0.004 8:0.....g Α 10:0.....g 0.025 1 Α 1 D 0.010 0.002 0.000 1 1 D 0.000 0.000 12:0 a Α 13:0.....g 0.000 1 1 D 0.000 0.000 0.000 1 Α 1 D 0.000 0.000 14:0.....g 0.000 1 А 1 D 0.000 0.000 0.467 A 1 0.187 0.031 16:0......g 17:0.....g 0.000 1 Α 1 ח 0.000 0.000 0.396 1 Α 1 D 0.158 0.026 0.013 1 Α 1 D 0.005 0.001 0.000 D 0.000 0.000 22:0.....g 1 Α 1 0.000 1 Α 1 D 0.000 0.000 24:0.....g Fatty acids, total monounsaturated......g 1.929 0 NC 4 0.772 0.127 1 14:1.....g 0.000 1 Α ת 0.000 0.000 15:1 q 0.000 1 Α 1 0.000 0.000 16:1 undifferentiated.....g 0.000 1 Α 1 D 0.000 0.000 1 1 17:1.....g 0.000 А D 0.000 0.000 18:1 undifferentiated......g 1,907 0 Α 1 0.763 0.126 18:1 c.....g 1.188 1 Α 1 D 0.475 0.078 1 1 18:1 t.....g 0.719 Α ת 0.288 0.047 18:1-11 t (18:1t n-7)......g 0.000 1 1 Α D 0.000 0.000 20:1.....g 0.022 0.001 22:1 undifferentiated......g 1 1 D 0.009 24:1 c.....g 0.266 0 NC 4 0.106 0.018 Fatty acids, total polyunsaturated......g 18:2 undifferentiated......g 0.250 1 Α 1 D 0.100 0.017 18:3 undifferentiated......g 0.000 0 Α 1 0.000 0.000 18:3 n-3 c,c,c (ALA)......g 0.016 1 Α 1 D 0.006 0.001 0.000 1 А 1 D 0.000 0.000 18:3 n-6 c,c,c.....g 18:3i.....g 18:4.....g 0.000 0.000 0.000 D 20:2 n-6 c,c....g 1 Α 1 20:3 undifferentiated.....g 0.000 1 D 0.000 0.000 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated.....g 0.000 1 1 D 0.000 0.000 20:4 n-6.....g 0.000 1 Α 1 D 0.000 0.000 20:5 n-3 (EPA)......g 21:5.....g 22:5 n-3 (DPA).....g 22:6 n-3 (DHA).....g 0.000 1 Α 1 D 0.000 0.000 Fatty acids, total trans......g 1 D Cholesterol....mg 2 1 А 1 n Phytosterols.....mg Amino Acids: 0.190 0.076 Tryptophan.....g 0 А 1 0.013 Threonine.....g 0.040 0 Α 1 0.016 0.003 0.060 0.024 0.004 Isoleucine.....g 0 A 1 Leucine.....g 0.110 0 Α 1 0.044 0.007 Lysine.....g 0.090 0 Α 1 0.036 0.006 Methionine.....g 0.010 0 Α 1 0.004 0.001

Amount in 100 grams of edible portion

	Amount in 10	0 grams Number		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystineg	0.000	0	A	1		0.000	0.000	
Phenylalanineg	0.050	0	A	1		0.020	0.003	
Tyrosineg	0.020	0	A	1		0.008	0.001	
Valine	0.080	0	A	1		0.032	0.005	
Arginineg	0.060	0	A	1		0.024	0.004	
Histidine	0.030	0	A	1		0.012	0.002	
Alanineg	0.060	0	A	1		0.024	0.004	
Aspartic acidg	0.200	0	A	1		0.080	0.013	
Glutamic acidg	0.280	0	A	1		0.112	0.018	
Glycineg	0.050	0	A	1		0.020	0.003	
Prolineg	0.030	0	A	1		0.012	0.002	
Serineg	0.080	0	A	1		0.032	0.005	
Hydroxyprolineg	0.000	1	A	1	D	0.000	0.000	
Others:								
Alcohol, ethylg								
Caffeinemg	7	1	A	1	D	3	0	
Theobrominemg	75	1	A	1	D	30	5	

Common Measures:

Measure 1 = 40g: 1 serving 6 pieces

Measure 2 = 6.6g: 1 piece

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
				Number				'	easures of fo	
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		15.00	0	1	MC	9		6.00		
Energy		338		1	MC	9		135		
Energy		1413		0	MC	9		565		
Protein (N x 6.25)		2.9		1	MC	9		1.19		
Total lipid (fat)	-	1.70		1	MC	9		0.68		
Ash	-	0.79		1	MC	9		0.32		
Carbohydrate, by difference		79.38	В	1	MC	9		31.75		
Fiber, total dietary	g	0.1		1	MC	9		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	-	12	-	1	MC	9		5		
Iron, Fe	_	0.5	5	1	MC	9		0.22		
Magnesium, Mg	-	4.77		-	340	c		10		
Phosphorus, P		47 14		1 1	MC MC	9 9		19 6		
Potassium, KSodium, Na		14 261		1	MC	9		104		
Zinc, Zn	-	201		1	MC	9		104		
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	-									
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	MC	9		0.0		
Thiamin	_									
Riboflavin										
Niacin										
Pantothenic acid	-									
Vitamin B-6										
Folate, totalFolate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		0		1	MC	9		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.2	50	1	MC	9		0.100		
Fatty acids, total monounsaturated.		0.49	90	1	MC	9		0.196		
Fatty acids, total polyunsaturated		0.04	40	1	MC	9		0.016		
Fatty acids, total trans		0.54		1	MC	9		0.216		
Cholesterol		0		1	MC	9		0		
Phytosterols	-									

Candies, TWIZZLERS CHERRY BITES

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 1

Nutrients and Units

Std. Error Points Code Code Code

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 18 pieces

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				Number					easures of fo	
						Source (Confidence			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:		15.0	•		349	•		c 00		
Water		15.00 347	U	1 1	MC MC	9 9		6.00		
Energy				0				139		
Energy		1453	•	-	MC	9		581		
Protein (N x 6.25)		2.3		1	MC	9		0.92		
Total lipid (fat)	-	2.6		1	MC	9		1.06		
Ash	-	0.5		1	MC	9		0.23		
Carbohydrate, by difference		79.3	7	1	MC	9		31.75		
Fiber, total dietary		0.6	_	1	MC	9		0.3		
Sugars, total		51.3	5	1	MC	9		20.54		
Starch	g									
Minerals: Calcium, Ca	ma	8		1	MC	9		3		
Iron, Fe	-	0.2	8	1	MC	9		3 0.11		
Magnesium, Mg	-	0.2	o .	1	MC	9		0.11		
Phosphorus, P		24		1	MC	9		10		
Potassium, K		37		1	MC	9		15		
Sodium, Na	-	195		1	MC	9		78		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	-									
Vitamina										
Vitamins:	ma	0.0		1	MC	9		0.0		
Vitamin C, total ascorbic acid		0.0		1	MC	9		0.0		
Thiamin										
Riboflavin										
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU	JU	0		1	MC	9		0		
Lycopene										
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4										
•										
<u>Lipids:</u>										
Fatty acids, total saturated		0.5		1	MC	9		0.216		
Fatty acids, total monounsaturated.		1.8		1	MC	9		0.752		
Fatty acids, total polyunsaturated		0.1	40	1	MC	9		0.056		
Fatty acids, total trans										
Cholesterol	-	0		1	MC	9		0		
Phytosterols	ma									

Candies, TWIZZLERS NIBS CHERRY BITS

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 27 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amo	ount in 100 g			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				ımbe	-	_		_	easures or ro	<u>5u</u>
							Confidence			
Nutrients and Uni	ts	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.00		0	NR	4		6.75		
Energy	kcal	348		0	NC	4		156		
Energy	kJ	1455		0	NC	4		655		
Protein		2.56	0.17	6 3	LC	8		1.15		
Total lipid (fat)	g	2.32	0.15		LC	8		1.04		
Ash		0.96		0	NR	4		0.43		
Carbohydrate, by difference	g	79.16		0	NC	4		35.62		
Fiber, total dietary	g	0.0	0.00		LC	8		0.0		
Sugars, total	g	39.64	0.18	2 3	LC	8		17.84		
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.00	0 3	LC	8		0		
Iron, Fe	•	0.51		1	LC	8		0.23		
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	<u>mg</u>	287	2.50	3 3	ГC	8		129		
Zinc, Zn	<u>mg</u>									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.0	0.00	0 3	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin										
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total Betaine	-									
Vitamin B-12	-									
Vitamin A, RAE										
Vitamin A, KAEVitamin A, IU		0	0.00	0 3	LC	8		0		
Lycopene		·				•		· ·		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µ9									
<u>Lipids:</u>										
Fatty acids, total saturated	_	0.000	0.00	0 3	LC	8		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		•	2 22			•		•		
Cholesterol		0	0.00	υ 3	LC	8		0		
Phytosterols	rng									

Candies, TWIZZLERS Strawberry Twists Candy

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 4 pieces 1.6oz

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number				'	easures of fo			
						Source C	Confidence			•		
Nutrients and Ur	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure		
Nutrients and Or	1113	Wean	3tu. 🗀 101	. 0	Jour			Weasure i	Wedsule 2	Wieasure		
Proximates:												
Water		2.5	2	0	FLC	4						
Energy		368		0	NC	4						
Energy	kJ	1539		0	NC	4						
Protein	-	0.0		0	LC	8						
Total lipid (fat)	g	0.0		0	NR	4						
Ash	g	5.5	2	0	FLC	4						
Carbohydrate, by difference	g	91.9	6	0	NC	4						
Fiber, total dietary	g	2.5		0	FLC	4						
Sugars, total	g	78.5	7	0	LC	8						
Starch	g											
Minerals:												
Calcium, Ca	<u>mg</u>	0		0	LC	8						
Iron, Fe	-	0.0	0	0	LC	8						
Magnesium, Mg		45		0	FLC	4						
Phosphorus, P	-	56		0	FLC	4						
Potassium, K		309		0	FLC	4						
Sodium, Na	-	1643	_	0	LC	8						
Zinc, Zn	-	0.0		0	FLC	4						
Copper, Cu	-	0.0		0	FLC	4						
Manganese, Mn	-	1.0	07	0	FLC FLC	4 4						
Selenium, Se	µg	1.0		U	FLC	4						
Vitamins:												
Vitamin C, total ascorbic acid	_	0.0		0	LC	8						
Thiamin		0.2		0	FLC	4						
Riboflavin	-	0.0		0	FLC	4						
Niacin	-	0.9		0	FLC	4						
Pantothenic acid	-	0.0		0	FLC	4						
Vitamin B-6	-	0.0 7	32	0	FLC	4						
Foliate, total		0		0	FLC FLC	4 4						
Folic acidFolate, food		7		0	FLC	4						
Folate, DFE		7		0	NC	4						
Choline, total		4.2		0	FLC	4						
Betaine		0.0		0	FLC	4						
Vitamin B-12	-	0.0	0	0	FLC	4						
Vitamin B-12, added		0.0		0	FLC	4						
Vitamin A, RAE		1	-	0	NC	4						
Retinol		0		0	FLC	4						
Carotene, beta		9		0	FLC	4						
Carotene, alpha		0		0	FLC	4						
Cryptoxanthin, beta	µg	0		0	FLC	4						
Vitamin A, IU		15		0	NC	4						
Lycopene		0		0	FLC	4						
Lutein + zeaxanthin	µg	0		0	FLC	4						
Vitamin E (alpha-tocopherol)	mg	0.0	5	0	FLC	4						
Vitamin E, added	mg	0.0	0	0	FLC	4						
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta		^ ^		^	ET C	4						
Vitamin D (D2 + D3)		0.0		0	FLC FLC	4 4						
Vitamin D		1.4		0	FLC	4						
Vitamin K (phylloquinone)		1.4		U	FTC	*						
Dihydrophylloquinone Menaquinone-4												

	<u>Am ount</u>	in 100 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common					
		Number					easures of fo				
				Cauras C	Confidence						
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3			
Lipids:											
Fatty acids, total saturatedg	0.000	0	NC	4							
4:0g	0.000	0	FLC	4							
6:0g	0.000	0	FLC	4							
8:0g	0.000	0	FLC	4							
10:0g	0.000	0	FLC	4							
12:0g	0.000	0	FLC	4							
13:0g											
14:0g	0.000	0	FLC	4							
15:0g											
16:0g	0.000	0	FLC	4							
17:0g											
18:0g	0.000	0	FLC	4							
20:0g											
22:0g											
24:0g											
Fatty acids, total monounsaturatedg	0.000	0	NC	4							
14:1g											
15:1g											
16:1 undifferentiatedg	0.000	0	FLC	4							
17:1g											
18:1 undifferentiatedg	0.000	0	FLC	4							
20:1g	0.000	0	FLC	4							
22:1 undifferentiatedg	0.000	0	FLC	4							
24:1 cg											
Fatty acids, total polyunsaturatedg	0.000	0	NC	4							
18:2 undifferentiatedg	0.000	0	FLC	4							
18:3 undifferentiatedg	0.000	0	FLC	4							
18:4g	0.000	0	FLC	4							
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.000	0	FLC	4							
20:5 n-3 (EPA)g	0.000	0	FLC	4							
21:5g											
22:4g											
22:5 n-3 (DPA)g	0.000	0	FLC	4							
22:6 n-3 (DHA)g	0.000	0	FLC	4							
Fatty acids, total transg											
Cholesterolmg	0	0	FLC	4							
Phytosterolsmg	0	0	FLC	4							
Others:											
Alcohol, ethylg	0.0	0	FLC	4							
Caffeinemg	0	0	FLC	4							
Theobrominemg	0	0	FLC	4							

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount in	Amount in edible portion of common						
			Numbei	measures of food					
			of Data	Deriv	Source C	Confidence			
Nutrients and Ur	nite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and Or	iits	Mean Stu. Di	01				Wicasure i	Wiedsure 2	wieasuie .
Proximates:									
Water	g	3.04	1	MC	9		1.46		
Energy	kcal	494	1	MC	9		237		
Energy		2067	0	MC	9		992		
Protein	g	8.04	1	MC	9		3.86		
Total lipid (fat)		23.68	1	MC	9		11.37		
Ash	-	1.66	1	MC	9		0.80		
Carbohydrate, by difference	g	63.23	1	MC	9		30.35		
Fiber, total dietary		1.9	1	MC	9		0.9		
Sugars, total		48.86	1	MC	9		23.45		
Starch									
Minerals:									
Calcium, Ca	_	118	1	MC	9		57		
Iron, Fe	_	1.13	1	MC	9		0.54		
Magnesium, Mg		28	1	MC	9		14		
Phosphorus, P		138	1	MC	9		66		
Potassium, K	_	303	1	MC	9		146		
Sodium, Na	_	299	1	MC	9		144		
Zinc, Zn	_	0.43	1	MC	9		0.21		
Copper, Cu		0.120	1	MC	9		0.058		
Manganese, Mn	_	0.330	1 1	MC	9		0.158		
Selenium, Se	µg	0.7	1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.9	1	MC	9		0.4		
Thiamin	mg	0.110	1	MC	9		0.053		
Riboflavin	mg	0.210	1	MC	9		0.101		
Niacin	mg	2.470	1	MC	9		1.186		
Pantothenic acid	mg	0.260	1	MC	9		0.125		
Vitamin B-6	mg	0.040	1	MC	9		0.019		
Folate, total	µg	18	1	MC	9		9		
Folic acid	µg	0	0	0	4		0		
Folate, food	µg	18	0	FLM	4		8		
Folate, DFE	µg	18	0	NC	4		8		
Choline, total	mg	25.0	0	0	4		12.0		
Betaine	_								
Vitamin B-12	µg	0.37	0	FLM	4		0.18		
Vitamin B-12, added		0.00	0	Z	7		0.00		
Vitamin A, RAE		38	0	FLM	4		18		
Retinol		37	0	FLM	4		18		
Carotene, beta		1	0	FLM	4		1		
Carotene, alpha		0	0	FLM	4		0		
Cryptoxanthin, beta		0	0	FLM	4		0		
Vitamin A, IU		134	1	MC	9		64		
Lycopene		0	0	FLM	4		0		
Lutein + zeaxanthin		0	0	FLM	4		0		
Vitamin E (alpha-tocopherol)		1.27	0	FLM	4		0.61		
Vitamin E, added	_	0.00	0	Z	7		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta	_								
Tocotrienol, gamma Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	z	7		0.0		
Vitamin D (D2 + D3) Vitamin D		0.0	0	Z	7		0.0		
Vitamin K (phylloquinone)		4.3	0	FLM	4		2.1		
Dihydrophylloquinone		4.3	U	e ma	-1		2.1		

	Amount in			ble portion	Amount in edible portion of com				
		Number			<u>m</u>	easures of for	<u>oa</u>		
		of Data	Deriv	Source Confidence					
Nutrients and Units	Mean Std. Err	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3		
Lipids:									
Fatty acids, total saturatedg	17.040	1	MC	9	8.179				
4:0g	0.403	0	FLM	4	0.193				
6:0g	0.169	0	FLM	4	0.081				
8:0g	0.334	0	FLM	4	0.160				
10:0g	0.449	0	FLM	4	0.216				
12:0g	3.660	0	FLM	4	1.757				
13:0g	0.000	0	FLM	4	0.000				
14:0g	1.801	0	FLM	4	0.865				
15:0g	0.048	0	FLM	4	0.023				
16:0g	5.260	0	FLM	4	2.525				
17:0g	0.053	0	FLM	4	0.025				
18:0g	4.715	0	FLM	4	2.263				
20:0g	0.122	0	FLM	4	0.059				
22:0g	0.013	0	FLM	4	0.006				
24:0g	0.000	0	FLM	4	0.000				
Fatty acids, total monounsaturatedg	3.780	1	MC	9	1.814				
14:1g	0.016	0	FLM	4	0.008				
15:1g	0.000	0	FLM	4	0.000				
16:1 undifferentiatedg	0.040	0	FLM	4	0.019				
17:1g	0.004	0	FLM	4	0.002				
18:1 undifferentiatedg	2.146	0	FLM	4	1.030				
20:1g	0.001	0	FLM	4	0.000				
22:1 undifferentiatedg	0.000	0	FLM	4	0.000				
24:1 cg	0.000	0	FLM	4	0.000				
Fatty acids, total polyunsaturated	0.830	1	MC	9	0.398				
18:2 undifferentiated	0.761	0	FLM	4	0.366				
18:3 undifferentiatedg	0.027	0	FLM	4	0.013				
18:4g	0.000	0	FLM	4	0.000				
20:2 n-6 c,cg	0.000	0	FLM	4	0.000				
20:3 undifferentiated	0.000	0	FLM	4	0.000				
20:4 undifferentiated	0.000	0	FLM	4	0.000				
20:5 n-3 (EPA)g	0.000	0	FLM	4	0.000				
21:5g									
22:4g				_					
22:5 n-3 (DPA)g	0.000	0	FLM	4	0.000				
22:6 n-3 (DHA)g	0.000	0	FLM	4	0.000				
Fatty acids, total transg	0.120	1	MC	9	0.058				
Cholesterolmg	12	1	MC	9	6				
Phytosterolsmg									
Others:		_		_					
Alcohol, ethyl	0.0	1	MC	9	0.0				
Caffeinemg	10	0	FLM	4	5				
Theobrominemg	100	0	FLM	4	48				

Common Measures:

Measure 1 = 48g: 1 bar 1.7 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>An</u>	nount in 10			ble portic	<u>on</u>		edible portion	
				Number					easures of for	<u>5a</u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	9.0	10	1	MC	9		3.55		
Water	-	394	, ,	1	MC	9		153		
Energy				0		9		642		
Energy		1647		1	MC	9		0.69		
Protein (N x 6.25)		1.7			MC					
Total lipid (fat)		7.3		1	MC	9		2.85		
Ash		0.1		0	T	4		0.07		
Carbohydrate, by difference		81.6		1	MC	9		31.84		
Fiber, total dietary		2.0		1	MC	9		0.8		
Sugars, total		75.0	00	1	MC	9		29.25		
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10		1	MC	9		4		
Iron, Fe		0.9	4	1	MC	9		0.37		
Magnesium, Mg		1		1	MC	9		1		
Phosphorus, P		3		1	MC	9		1		
Potassium, K	_	108		1	MC	9		42		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	46		1	MC	9		18		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.0		1	MC	9		0.00		
Copper, Cu		0.0		1	MC	9		0.000		
Manganese, Mn		0.0		1	MC	9		0.000		
Selenium, Se	µg	0.0)	1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		1	MC	9		0.0		
Thiamin	_	0.0		1	MC	9		0.000		
Riboflavin	_	0.0		1	MC	9		0.000		
Niacin	_	0.0		1	MC	9		0.000		
Pantothenic acid		0.0		1	MC	9		0.000		
Vitamin B-6	_	0.0	000	1	MC	9		0.000		
Folate, total		0		1	MC	9		0		
Folic acid										
Folate, food										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12 Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		7		1	MC	9		3		
Lycopene								-		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.4	130	1	MC	9		1.728		
•										

Amo	~		Amount in edible portion of common measures of food				
Mean				Confidence Code	Measure 1	Measure 2	Measure 3
		1 MC	9		0.187		
1	U	1 MC	9		0		
0.0		1 MC	9		0.0		
	Mean 0.48 0.10	Num of D Mean Std. Error Poin 0.480 0.100	Number of Data Deriv Mean Std. Error Points Code 0.480 1 MC 0.100 1 MC 1 1 MC	Number of Data Deriv Source Points Code Code 0.480	Number of Data Deriv Source Confidence Mean Std. Error Points Code Code Code 0.480 1 MC 9 0.100 1 MC 9 1 1 MC 9	Number m of Data Deriv Source Confidence Mean Std. Error Points Code Code Code Measure 1	Number

Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Hershey Food Corp.

		Am	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Number				'	easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	9.0	2	1	мс	9		3.88		
Energy		384	3	1	MC	9		165		
Energy		1606		0	MC	9		691		
Protein		2.1	9	1	MC	9		0.94		
Total lipid (fat)		7.1		1	MC	9		3.08		
Ash		0.1		1	MC	9		0.06		
Carbohydrate, by difference	_	80.9		1	MC	9		34.83		
Fiber, total dietary		2.0		1	MC	9		0.9		
Sugars, total		63.7		1	MC	9		27.43		
Starch		03.7	·	-	мс	,		27.43		
	9									
Minerals:	m c	11		-	340	•		5		
Calcium, Ca	-	11 0.9	2	1 1	MC MC	9 9		5 0.40		
Iron, FeMagnesium, Mg	-	0.9	4	1	MC	9		0.40		
Phosphorus, P	-	0		1	MC	9		0		
Potassium, K		111		1	MC	9		48		
Sodium, Na		28		1	MC	9		12		
Zinc. Zn	-			_		-				
Copper, Cu	• • • • • • • • • • • • • • • • • • • •									
Manganese, Mn	-									
Selenium, Se	-									
¥7*4										
Vitamins:				_		•				
Vitamin C, total ascorbic acid		0.0		1	MC	9		0.0		
Thiamin	-									
Riboflavin										
Niacin Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU	JU	7		1	MC	9		3		
Lycopene										
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4										
1-1-chaquinone-4	#¥									
<u>Lipids:</u>										
Fatty acids, total saturated		4.3		1	MC	9		1.866		
Fatty acids, total monounsaturated.		0.4		1	MC	9		0.176		
Fatty acids, total polyunsaturated		0.1	10	1	MC	9		0.047		
Fatty acids, total trans										
Cholesterol	_	1		1	MC	9		0		
Phytosterols	ma									

NDB No. 19091

Candies, YORK Peppermint Pattie

Nutrients and Units

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 patty 1.5 oz

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		Am	ount in 10	0 grams	of edil	ole portion	<u>l</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source C	onfidence				
Nutrients and Unit	ho.	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and Onn	ıs	Wean	Sta. Error	Tollits	Oout	Oode	Oode	Measure I	weasure 2	weasure	
Proximates:											
Water		5.2	5	0	FLC	4		1.49	0.84		
Energy	kcal	391		0	NC	4		111	63		
Energy	kJ	1638		0	NC	4		464	262		
Protein (N x 6.25)	g	0.0	3	0	FLC	4		0.01	0.01		
Total lipid (fat)	g	3.3	0	0	FLC	4		0.94	0.53		
Ash	g	1.0	1	0	FLC	4		0.29	0.16		
Carbohydrate, by difference	g	90.4	0	0	NC	4		25.63	14.46		
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0		
Sugars, total	g	80.4	6	0	FLC	4		22.81	12.87		
Starch	g										
Minerals:											
Calcium, Ca	<u>mg</u>	4		0	FLC	4		1	1		
Iron, Fe		0.0	1	0	FLC	4		0.00	0.00		
Magnesium, Mg		0		0	FLC	4		0	0		
Phosphorus, P		1		0	FLC	4		0	0		
Potassium, K		3		0	FLC	4		1	0		
Sodium, Na	-	391	_	0	FLC	4		111	63		
Zinc, Zn		0.0		0	FLC	4		0.03	0.01		
Copper, Cu		0.0		0	FLC	4		0.000	0.000		
Manganese, Mn	-	0.0	01	0	FLC FLC	4 4		0.000 0.2	0.000 0.1		
Selenium, Se	µg	0.6		U	FLC	4		0.2	0.1		
<u>'itamins:</u>				•	a			2.2	2.2		
Vitamin C, total ascorbic acid	-	0.0	10	0	FLC FLC	4 4		0.0 0.003	0.0		
Thiamin	-	0.0		0	FLC	4		0.003	0.002 0.003		
Riboflavin	-	0.0		0	FLC	4		0.000	0.000		
Pantothenic acid	-	0.0		0	FLC	4		0.001	0.001		
Vitamin B-6		0.0		0	FLC	4		0.000	0.000		
Folate, total	-	0		0	FLC	4		0	0		
Folic acid		0		0	FLC	4		0	0		
Folate, food		0		0	FLC	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total		0.8		0	0	4		0.2	0.1		
Betaine	mg										
Vitamin B-12	µg	0.0	0	0	FLC	4		0.00	0.00		
Vitamin B-12, added	µg	0.0	0	0	FLC	4		0.00	0.00		
Vitamin A, RAE	µg	28		0	NC	4		8	4		
Retinol	µg	27		0	FLC	4		8	4		
Carotene, beta		6		0	FLC	4		2	1		
Carotene, alpha		0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		100		0	FLC	4		28	16		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		0	0	0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.0		0	FLC	4		0.03	0.01		
Vitamin E, added		0.0	U	0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Tocoprierol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	z	7		0	0		
Vitamin K (phylloquinone)		0.3		0	FLC	4		0.1	0.0		

	<u>Am</u>	ount in 10	00 grams	of edi	ble porti	<u>ion</u>	Amount in e	edible portion	of common
			Number					easures of foo	
					Source	Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	2.0		0	FLC	4		0.585	0.330	
4:0g	0.1		0	FLC	4		0.037	0.021	
6:0g	0.0		0	FLC	4		0.023	0.013	
8:0g	0.0		0	FLC	4		0.014	0.008	
10:0g	0.1		0	FLC	4		0.029	0.016	
12:0g	0.1	04	0	FLC	4		0.029	0.017	
13:0g									
14:0g	0.2	99	0	FLC	4		0.085	0.048	
15:0g									
16:0g	0.8		0	FLC	4		0.247	0.140	
17:0g	0.0		0	FLC	4		0.006	0.004	
18:0g	0.4		0	FLC	4		0.114	0.064	
20:0g	0.0	06	0	FLC	4		0.002	0.001	
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.8	45	0	FLC	4		0.240	0.135	
14:1g									
15:1g									
16:1 undifferentiatedg	0.0	39	0	FLC	4		0.011	0.006	
17:1g									
18:1 undifferentiatedg	0.8		0	FLC	4		0.227	0.128	
20:1g	0.0		0	FLC	4		0.001	0.001	
22:1 undifferentiated	0.0	00	0	FLC	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.1		0	FLC	4		0.035	0.020	
18:2 undifferentiated	0.1		0	FLC	4		0.031	0.018	
18:3 undifferentiatedg	0.0		0	FLC	4		0.004	0.002	
18:4g	0.0	00	0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated	0.0		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0	FLC	4		0.000	0.000	
21:5g									
22:4g	_		_						
22:5 n-3 (DPA)g	0.0		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0	FLC	4		0.000	0.000	
Fatty acids, total transg	_		_				_		
Cholesterolmg	9		0	FLC	4		2	1	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 16g: 3 pieces

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

					<u>n</u>	Amount in edible portion of common					
			Nun	nber				measures of food			
						Source C	onfidence			_	
Nutrients and Unit		Mean St	d. Error Po				Code	Manaura 1	Magazira 2	Measure	
Nutrients and Unit	.s	wean St	a. Error 10	11113	Oouc	Oode	Oode	Measure 1	Measure 2	weasure	
Proximates:											
Water		8.50	0.343	5		1		6.04	0.86		
Energy	kcal	382		0	NC	4		271	39		
Energy	kJ	1598		0	NC	4		1135	161		
Protein (N x 6.4)	g	4.60	0.126	3		1		3.27	0.46		
Total lipid (fat)	g	8.10		1		1		5.75	0.82		
Ash	-	1.80	0.049	3		1		1.28	0.18		
Carbohydrate, by difference	g	77.00		0	NC	4		54.67	7.78		
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0		
Sugars, total	g	65.50		0	LC	8		46.51	6.62		
Starch	g										
Minerals:											
Calcium, Ca	_	138	7.131			1		98	14		
Iron, Fe		0.14	0.048			1		0.10	0.01		
Magnesium, Mg		17	0.874			1		12	2		
Phosphorus, P		114	5.475			1		81	12		
Potassium, K	_	214	12.300			1		152	22		
Sodium, Na	_	245	13.433			1		174	25		
Zinc, Zn		0.44	0.029			1 1		0.31 0.013	0.04		
Copper, Cu		0.018 0.011	0.002			1		0.013	0.002 0.001		
Manganese, Mn	_	1.8	0.367		A	1		1.3	0.001		
,,	µ9	1.0	0.307	12		-		1.3	0.2		
<u>'itamins:</u>	ma	0.4		0	FLC	4		0.3	0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.103		0	FLC	4		0.073	0.010		
Riboflavin	-	0.256		0	FLC	4		0.073	0.010		
Niacin	_	0.148		0	FLC	4		0.105	0.026		
Pantothenic acid	_	0.620		0	FLC	4		0.440	0.063		
Vitamin B-6		0.056		0	FLC	4		0.039	0.006		
Folate, total	-	4		0	FLC	4		2	0		
Folic acid		0		0	FLC	4		0	0		
Folate, food		4		0	FLC	4		2	0		
Folate, DFE		4		0	NC	4		2	0		
Choline, total	mg	8.0		0	0	4		5.7	0.8		
Betaine	mg										
Vitamin B-12	µg	0.30		0	FLC	4		0.21	0.03		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00		
Vitamin A, RAE	µg	12		0	FLC	4		8	1		
Retinol	µg	11		0	FLC	4		8	1		
Carotene, beta		2		0	FLC	4		2	0		
Carotene, alpha		0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		42		0	FLC	4		30	4		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin.		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.46		0	NR	4		0.33	0.05		
Vitamin E, added		0.00		0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Tocoprierol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		1.8		0	FLC	4		1.2	0.2		

	<u>Am</u>	ount in 1	00 grams	of edil	ble porti	<u>on</u>		edible portion of easures of foo	
			Number	Daniu	C	Cantidanaa	<u></u>	000010001100	<u>, u</u>
Nutrients and Units	Mean	Std. Erro	of Data or Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	2.4		0	FLC FLC	4 4		1.758	0.250	
4:0g 6:0g	0.0		0	FLC	4		0.033	0.005 0.001	
8:0g	0.0		0	FLC	4		0.009	0.001	
10:0g	0.0	26	0	FLC	4		0.019	0.003	
12:0g	0.0	16	0	FLC	4		0.011	0.002	
13:0g									
14:0g	0.1	90	0	FLC	4		0.135	0.019	
15:0g 16:0g	1.8	80	0	FLC	4		1.335	0.190	
17:0g	1.0		·	120	•		1.555	0.150	
18:0g	0.2	93	0	FLC	4		0.208	0.030	
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	1.5	40	0	FLC	4		1 005	0.156	
14:1g	1.5	42	U	FLC	4		1.095	0.156	
15:1g									
16:1 undifferentiatedg	0.0	95	0	FLC	4		0.067	0.010	
17:1g									
18:1 undifferentiatedg	1.4		0	FLC	4		1.027	0.146	
20:1g	0.0		0	FLC	4		0.000	0.000	
22:1 undifferentiatedg	0.0	00	0	FLC	4		0.000	0.000	
24:1 cg Fatty acids, total polyunsaturatedg	3.4	78	0	FLC	4		2.469	0.351	
18:2 undifferentiatedg	3.4		0	FLC	4		2.447	0.348	
18:3 undifferentiatedg	0.0		0	FLC	4		0.018	0.002	
18:4g	0.0	00	0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated		0.5	•						
20:4 undifferentiated	0.0		0	FLC FLC	4 4		0.005	0.001 0.000	
21:5g	0.0		·	120	•		0.000	0.000	
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0	FLC	4		0.000	0.000	
Fatty acids, total transg	_	•	222 2				_		
Cholesterolmg Phytosterolsmg	7	U	.333 3		1		5	1	
Amino Acids:					_				
Tryptophang	0.0		0		1 1		0.043	0.006	
Threonine	0.1		0		1		0.136 0.183	0.019 0.026	
Leucineg	0.4		0		1		0.296	0.042	
Lysineg	0.3		0		1		0.240	0.034	
Methionineg	0.1	07	0		1		0.076	0.011	
Cystineg	0.0	39	0		1		0.028	0.004	
Phenylalanineg	0.2		0		1		0.146	0.021	
Tyrosineg	0.2		0		1 1		0.146	0.021	
Valineg Arginineg	0.2 0.1		0		1		0.202 0.110	0.029 0.016	
Histidineg	0.1		0		1		0.082	0.010	
Alanineg	0.1		0		1		0.104	0.015	
Aspartic acidg	0.3	23	0		1		0.229	0.033	
Glutamic acidg	0.8		0		1		0.633	0.090	
Glycineg	0.0		0		1		0.065	0.009	
Proline	0.4		0		1 1		0.293	0.042	
Serineg Hydroxyprolineg	0.2	34	0		1		0.165	0.023	
Others:	^ ^		•				0.0		
Alcohol, ethylg Caffeineg mg	0.0		0	FLC FLC	4 4		0.0	0.0	
CarrenieIIIY	U		U	FTC	*		U	U	

NDB No. 19074 Candies, caramels

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Mean

FLC

Measure 1

Measure 2

Measure 3

0

Code

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

Calories Factors: Protein 4.3

Fat 8.6

Carbohydrate 3.8

Food Group: 19 Sweets

		Amount	in 100 grams	or edi	Die porti	<u>un</u>	Amount in e	dible portion	of common
			Number				<u>m</u>	easures of fo	od
					Source	Confidence			
Nutrients and Uni	ts	Mean Std.	Error Points		Code	Code	Measure 1	Measure 2	Measure
			-						
Proximates:									
Water	g	6.69	1	A	1	D	0.44	4.28	2.68
Energy	kcal	387	0	NC	4		26	248	155
Energy	kJ	1619	0	NC	4		107	1036	648
Protein (N x 6.25)	g	1.59	1	A	1	D	0.10	1.02	0.64
Total lipid (fat)	g	3.31	1	A	1	D	0.22	2.12	1.32
Ash	g	0.68	1	A	1	D	0.04	0.44	0.27
Carbohydrate, by difference	g	87.73	0	NC	4		5.79	56.15	35.09
Fiber, total dietary	g	0.1	1	A	1	D	0.0	0.0	0.0
Sugars, total	g	56.32	1	A	1	D	3.72	36.04	22.53
Starch	g								
Minerals:									
Calcium, Ca	ma	36	1	A	1	D	2	23	14
Iron, Fe	-	0.80	1	A	1	D D	0.05	0.51	0.32
Magnesium, Mg	_	22	1	A	1	D	1	14	9
Phosphorus, P		57	1	A	1	D	4	36	23
Potassium, K		116	1	A	1	D	8	74	46
Sodium, Na	_	44	1	A	1	D	3	28	18
Zinc, Zn	_	0.40	1	A	1	D	0.03	0.26	0.16
Copper, Cu	mg	0.130	1	A	1	D	0.009	0.083	0.05
Manganese, Mn	mg	0.047	1	A	1	D	0.003	0.030	0.01
Selenium, Se	µg	2.2	1	A	1	D	0.1	1.4	0.9
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	1	A	1	D	0.0	0.0	0.0
Thiamin	-	0.056	1	A	1	D	0.004	0.036	0.02
Riboflavin	_	0.070	1	A	1	D	0.005	0.045	0.02
Niacin	-	0.210	1	A	1	D	0.014	0.134	0.08
Pantothenic acid	_	0.290	1	A	1	D	0.019	0.186	0.11
Vitamin B-6	-	0.010	1	A	1	D	0.001	0.006	0.00
Folate, total	-	9	1	A	1	D	1	6	4
Folic acid		3	1	A	1	D	0	2	1
Folate, food		6	1	AS	1		0	4	2
Folate, DFE		11	0	NC	4		1	7	4
Choline, total		18.7	0	AS	1		1.2	12.0	7.5
Betaine	mg								
Vitamin B-12		0.00	1	A	1	D	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	FLC	4		0	0	0
Retinol	µg	0	0	FLC	4		0	0	0
Carotene, beta	µg	0	1	A	1	D	0	0	0
Carotene, alpha	µg	0	1	A	1	D	0	0	0
Cryptoxanthin, beta	µg	0	1	A	1	D	0	0	0
Vitamin A, IU	J <u>U</u>	0	0	AS	1		0	0	0
Lycopene	µg	0	1	A	1	D	0	0	0
Lutein + zeaxanthin		1	0	FLC	4		0	1	0
Vitamin E (alpha-tocopherol)		0.65	1	A	1	D	0.04	0.42	0.26
Vitamin E, added		0.00	0	FLC	4		0.00	0.00	0.00
Tocopherol, beta		0.06	1	A	1	D	0.00	0.04	0.02
Tocopherol, gamma		7.42	1	A	1	D	0.49	4.75	2.97
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta				_	_				
Vitamin D (D2 + D3)		0.0	0	z	7		0.0	0.0	0.0
Vitamin D		0	0	Z	7	_	0	0	0
Vitamin K (phylloquinone)		9.6	1	A	1	D	0.6	6.2	3.9
Dihydrophylloquinone	III								

	<u>Am ount</u>	in 100 grams	of edi	ble portic	<u>on</u>	Amount in edible portion of common		
		Num bei				measures of food		
				Cauras	Cantidanaa			
Nutrients and Units	Mean Std.	of Data Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	0.967	0	FLC	4		0.064	0.619	0.387
4:0g	0.001	0	FLC	4		0.000	0.000	0.000
6:0g	0.000	0	FLC	4		0.000	0.000	0.000
8:0g	0.000	0	FLC	4		0.000	0.000	0.000
10:0g	0.000	0	FLC	4		0.000	0.000	0.000
12:0g	0.000	0	FLC	4		0.000	0.000	0.000
13:0g	0.000	1	A	1	D	0.000	0.000	0.000
14:0g	0.005 0.001	0	FLC	4 4		0.000	0.003 0.001	0.002 0.000
15:0g	0.001	0	FLC FLC	4			0.280	0.000
16:0g 17:0g	0.004	0	FLC	4		0.029 0.000	0.280	0.001
18:0g	0.492	0	FLC	4		0.032	0.315	0.197
20:0g	0.010	0	FLC	4		0.001	0.007	0.004
22:0g	0.011	0	FLC	4		0.001	0.007	0.004
24:0g	0.000	1	A	1	D	0.000	0.007	0.000
Fatty acids, total monounsaturatedg	1.929	0	FLC	4	2	0.127	1.235	0.772
14:1g	0.000	1	A	1	D	0.000	0.000	0.000
15:1g	0.000	1	A	1	D	0.000	0.000	0.000
16:1 undifferentiated	0.003	0	FLC	4	2	0.000	0.002	0.001
17:1g	0.000	1	A	1	D	0.000	0.002	0.000
18:1 undifferentiated	1.925	0	FLC	4	_	0.127	1.232	0.770
18:1 cg	1.188	1	A	1	D	0.078	0.760	0.475
18:1 tg	0.719	1	A	1	D	0.047	0.460	0.288
18:1-11 t (18:1t n-7)g	****	_		_	_	00017	00100	0.200
20:1g	0.001	0	FLC	4		0.000	0.001	0.000
22:1 undifferentiatedg	0.000	0	FLC	4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated9	0.266	0	FLC	4		0.018	0.170	0.106
18:2 undifferentiatedg	0.246	0	FLC	4		0.016	0.158	0.099
18:3 undifferentiatedg	0.006	0	FLC	4		0.000	0.004	0.002
18:3 n-3 c,c,c (ALA)g	0.016	1	A	1	D	0.001	0.010	0.006
18:3 n-6 c,c,cg	0.000	1	A	1	D	0.000	0.000	0.000
18:3ig								
18:4g	0.000	0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.000	1	A	1	D	0.000	0.000	0.000
20:3 undifferentiatedg	0.000	1	A	1	D	0.000	0.000	0.000
20:3 n-3g								
20:3 n-6g								
20:4 undifferentiatedg	0.000	0	FLC	4		0.000	0.000	0.000
20:4 n-6g								
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000	0.000	0.000
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000	0.000	0.000
Fatty acids, total transg	0.963	0	FLC	4		0.064	0.616	0.385
Cholesterolmg	2	1	A	1	D	0	1	1
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	7	1	A	1	D	0	4	3
Theobrominemg	75	1	A	1	D	5	48	30

Common Measures:

Measure 1 = 6.6g: 1 piece

Measure 2 = 64g: 1 bar 2.25 oz

NDB No. 19076 Candies, caramels, chocolate-flavor roll

Measure 3 = 40g: 1 serving 6 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of fo	od	
						Source	Confidence				
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	1.54	Į.	5	A	1		0.44	1.34		
Energy		540	<u>-</u>	0	NC	4		153	470		
Energy		2259		0	NC	4		641	1966		
Protein (N x 6.25)		8.15	i	3	A	1		2.31	7.09		
Total lipid (fat)		31.36		5	A	1		8.89	27.28		
Ash	-	2.66		3	A	1		0.75	2.31		
Carbohydrate, by difference	-	56.29		0	NC	4		15.96	48.97		
Fiber, total dietary		3.8		2	A	1		1.1	3.3		
Sugars, total		34.11		0	FLA	4		9.67	29.68		
Starch		31.11	-	·		•		3.07	25.00		
Minerals:	9										
Calcium, Ca	ma	303		3	A	1		86	264		
Iron. Fe	-	1.29)	2	A	1		0.37	1.12		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	36		3	A	1		10	31		
Phosphorus, P	-	126		2	A	1		36	110		
Potassium, K	-	633		3	A	1		179	551		
Sodium, Na		107		2	A	1		30	93		
Zinc, Zn	mg	3.53	1	3	A	1		1.00	3.07		
Copper, Cu	mg	0.18	3	2	A	1		0.052	0.159		
Manganese, Mn	mg	0.14	0	1	A	1		0.040	0.122		
Selenium, Se	µg	5.2		0	FLA	4		1.5	4.5		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.5		2	A	1		0.1	0.4		
Thiamin	-	0.10	10	3	A	1		0.028	0.087		
Riboflavin	-	0.17		2	A	1		0.050	0.155		
Niacin	-	1.04		3	A	1		0.295	0.905		
Pantothenic acid	-	0.75		3	A	1		0.213	0.653		
Vitamin B-6	-	0.13	10	3	A	1		0.037	0.113		
Folate, total	µg	21		0	FLA	4		6	19		
Folic acid		0		0	FLA	4		0	0		
Folate, food	µg	21		0	FLA	4		6	19		
Folate, DFE	µg	21		0	NC	4		6	19		
Choline, total	mg	19.0		0	FLA	4		5.4	16.6		
Betaine	mg										
Vitamin B-12	µg	0.28	1	0	FLA	4		0.08	0.24		
Vitamin B-12, added	µg	0.00	1	0	FLA	4		0.00	0.00		
Vitamin A, RAE	µg	1		0	FLA	4		0	1		
Retinol	µg	0		0	FLA	4		0	0		
Carotene, beta	µg	5		0	FLA	4		2	5		
Carotene, alpha	µg	0		0	FLA	4		0	0		
Cryptoxanthin, beta		0		0	FLA	4		0	0		
Vitamin A, IU		10		0	NC	4		3	9		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		1.57		0	FLA	4		0.44	1.37		
Vitamin E, added		0.00)	0	FLA	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta				^		-			2 2		
Vitamin D (D2 + D3)		0.0		0	Z Z	7		0.0	0.0		
Vitamin D		0		0		7		-	0		
Vitamin K (phylloquinone)		7.7		0	FLA	4		2.2	6.7		
Dihydrophylloquinone											
Menaquinone-4	µg										

Nutrients and Units		<u>Am</u>	ount in 10			ble portion	<u>1</u>	Amount in edible portion of common measures of food		
Nutrients and Units				Number	•			<u>m</u>	easures of foc	<u>ou</u>
Finy scale, total saturated				of Data	Deriv	Source C	onfidence			
Fatty acids, rotal saturated. 9 29.018 2 A 1 8.227 25.246	Nutrients and Units	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, rotal saturated. 9 29.018 2 A 1 8.227 25.246										
40	Lipids:									
6.0	Fatty acids, total saturated	g 29.03	L8	2	A	1		8.227	25.246	
8.0.	4:0	g 0.0:	27	0	FLA	4		0.008	0.023	
100	6:0	g 0.0!	52	0	FLA	4		0.015	0.045	
12-0	8:0	g 0.8:	24	0	FLA	4		0.234	0.717	
13-0.	10:0	g 1.02	28	0	FLA	4		0.292	0.895	
14-0	12:0	g 17.64	19	0	FLA	4		5.003	15.355	
15-0	13:0	g								
16.0	14:0	g 6.2!	57	0	FLA	4		1.774	5.443	
17:0. 9	15:0	g								
No.	16:0	g 2.5	33	0	FLA	4		0.718	2.204	
20-0	17:0	_								
22-0		0						0.179	0.550	
Party acids, total monounsaturated	20:0	g 0.03	L 2	0	FLA	4		0.003	0.011	
Fatty acids, total monounsaturated		-								
14:1										
15:1		_	33	0	FLA	4		0.137	0.420	
16:1 undifferentiated										
17:1		_								
18:1 undifferentiated)1	0	FLA	4		0.000	0.001	
20:1										
22:1 undifferentiated										
Patty acids, total polyunsaturated. 9		0		-						
Fatty acids, total polyunsaturated 9 0.295 0 FLA 4 0.084 0.257 18:2 undifferentiated 9 0.264 0 FLA 4 0.075 0.230 18:3 undifferentiated 9 0.031 2 A 1 0.009 0.027 18:4 9 0.000 0 FLA 4 0.000 0.000 20:2 n-6 c.c. 9 20:3 undifferentiated 9 0.000 0 FLA 4 0.000 0.000 20:5 n-3 (EPA) 9 0.000 0 FLA 4 0.000 0.000 20:5 n-3 (EPA) 9 0.000 0 FLA 4 0.000 0.000 21:5 9 0.000 0 FLA 4 0.000 0.000 22:4 9 0.000 0 FLA 4 0.000 0.000 22:5 n-3 (DPA) 9 0.000 0 FLA 4 0.000 0.000 22:6 n-3 (DHA) 9 0.000 0 FLA 4 0.000 0.000 Fatty acids, total trans. 9 0.000 0 FLA 4 0.000 0.000 Fatty acids, total trans. 9 0.000 0 FLA 4 0.000 0.000 Phytosterols mg The strip acids total trans mg Others: Alcohol, ethyl 9 0.0 0 FLA 4 0.0 0 0.000 Others: Alcohol, ethyl 9 0.0 0 FLA 4 0.0 0 0.000 Caffeine mg Others:		_	00	0	FLA	4		0.000	0.000	
18:2 undifferentiated		-								
18:3 undifferentiated. 9 0.031 2 A 1 0.009 0.027 18:4										
18:4		0		-						
20:2 n-6 c,c		5								
20:3 undifferentiated			,0	U	FLA	4		0.000	0.000	
20:4 undifferentiated. g 0.000 0 FLA 4 0.000 0.000 20:5 n-3 (EPA)										
20:5 n-3 (EPA)			00	0	T2T 3	4		0.000	0.000	
21:5		0								
22:4	` ,	_	,0	U	FLA	4		0.000	0.000	
22:5 n-3 (DPA) g 0.000 0 FLA 4 0.000 0.000 22:6 n-3 (DHA) g 0.000 0 FLA 4 0.000 0.000 Fatty acids, total trans g 0.000 0 FLA 4 0.000 0.000 Cholesterol mg 1 0 FLA 4 0 1 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 FLA 4 0.0 0 Caffeine mg 0 0 FLA 4 0.0 0										
22:6 n-3 (DHA) g 0.000 0 FLA 4 0.000 0.000 Fatty acids, total trans g 0.000 0 FLA 4 0.000 0.000 Cholesterol mg 1 0 FLA 4 0 1 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 FLA 4 0.0 0 Caffeine mg 0 0 FLA 4 0 0		_	10	0	ET.A	4		0 000	0 000	
Fatty acids, total trans										
Cholesterol. mg 1 0 FLA 4 0 1 Phytosterols. mg Others: Alcohol, ethyl. g 0.0 0 FLA 4 0.0 0.0 Caffeine. mg 0 0 FLA 4 0 0	* /	0		-						
Others: Mg Alcohol, ethyl. g 0.0 0 FLA 4 0.0 0.0 Caffeine. mg 0 0 FLA 4 0 0	2	0	. •							
Others: Alcohol, ethyl g 0.0 0 FLA 4 0.0 0.0 Caffeine mg 0 0 FLA 4 0 0		•		Ū	LUM	_		J	-	
Alcohol, ethyl	•	··· J								
Caffeinemg 0 0 FLA 4 0 0		α 0.0		^	777 2	1		0 0	0.0	
Cartonie in the cartonie in th	, ,									
		=		-						

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 87g: 1 bar (3 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		Am	ount in 10	u gram s	ot edik	oie portic	<u>on</u>	Amount in edible portion of commor			
				Number					easures of fo		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure :	
n											
Proximates: Water	a	6.1	0	0		4		0.85			
Energy		470	-	0	NC	4		66			
Energy		1965		0	NC	4		275			
Protein		9.5	0	1		1		1.33			
Total lipid (fat)		21.0		1		1		2.94			
Ash		2.7		0	BFZN	4		0.38			
Carbohydrate, by difference	_	60.6		0	NC	4		8.49			
Fiber, total dietary		4.3		0		4		0.6			
Sugars, total		41.3		0	0	4		5.79			
Starch			-	·	•	-		34.75			
Suren	9										
Minerals:											
Calcium, Ca	_	78		0		4		11			
Iron, Fe		1.7	0	1		1		0.24			
Magnesium, Mg		81		0		4		11			
Phosphorus, P		166		0		4		23			
Potassium, K		445		0		4		62			
Sodium, Na	_	156 1.8	7	0	NR	4 4		22 0.26			
Zinc, Zn Copper, Cu	_	0.5		0		4		0.26			
Manganese, Mn	_	0.5	80	U		4		0.081			
Selenium, Se		2.8		0	BFFN	4		0.4			
Scienium, Sc		2.0		·	2111	-		0.1			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	1.4		1		1		0.2			
Thiamin	_	0.0		1		1		0.006			
Riboflavin	_	0.1		1		1		0.022			
Niacin	_	4.7	60	1		1		0.666			
Pantothenic acid	_										
Vitamin B-6	_	0.1	60	0		4		0.022			
Folate, total		92 0		0		4 4		13 0			
Folic acid		92		0	BFZN	4		13			
Folate, food		92		0	NC	4		13			
Folate, DFECholine, total		33.9		0	O	4		4.7			
Betaine		33.3		·	Ū	-		1.7			
Vitamin B-12		0.0	0	0		4		0.00			
Vitamin B-12, added		0.0		0	z	7		0.00			
Vitamin A, RAE		42	·	0	NC	4		6			
Retinol		41		0	BFZN	4		6			
Carotene, beta		7		0	BFZN	4		1			
Carotene, alpha		0		0	BFZN	4		0			
Cryptoxanthin, beta		0		0	BFZN	4		0			
Vitamin A, IU		149		0	NC	4		21			
Lycopene		0		0	BFZN	4		0			
Lutein + zeaxanthin		0		0	BFZN	4		0			
Vitamin E (alpha-tocopherol)		1.1	0	0	BFZN	4		0.15			
Vitamin E, added		0.0	0	0	z	7		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	mg										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0			
Vitamin D		0		0	Z	7		0			
Vitamin K (phylloquinone)		3.2		0	BFZN	4		0.4			
Dihydrophylloquinone	µg										

	Amount in	100 grams of	f edible portio	<u>on</u>	Amount in edible portion of common		
		Number			<u>m</u>	easures of foo	<u>od</u>
		of Data Do	eriv Source (Confidence			
Nutrients and Units	Mean Std. Er	ror Points C	ode Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>							
Fatty acids, total saturated	4.657	0	4		0.652		
4:0g	0.000	0	4		0.000		
6:0g	0.005	0	4		0.001		
8:0g	0.080	0	4		0.011		
10:0g	0.090	0	4		0.013		
12:0g	1.140	0	4		0.160		
13:0g							
14:0g	0.407	0	4		0.057		
15:0g							
16:0g	2.178	0	4		0.305		
17:0g							
18:0g	0.551	0	4		0.077		
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	9.444	0	4		1.322		
14:1g							
15:1g							
16:1 undifferentiatedg	0.003	0	4		0.000		
17:1g	0.104	•					
18:1 undifferentiated	9.194	0	4		1.287		
20:1g	0.246	0	4		0.034		
22:1 undifferentiatedg	0.000	0	4		0.000		
24:1 cg	5 024	0	4				
Fatty acids, total polyunsaturatedg	5.834 5.833	0	4		0.817 0.817		
18:2 undifferentiated	0.001	0	4		0.817		
	0.001	0	4				
18:4g	0.000	U	4		0.000		
20:2 n-6 c,c							
20:4 undifferentiatedg	0.000	0	4		0.000		
20:5 n-3 (EPA)g	0.000	0	4		0.000		
. ,	0.000	U	7		0.000		
21:5g 22:4g							
22:5 n-3 (DPA)g	0.000	0	4		0.000		
22:5 n-3 (DPA)g	0.000	0	4		0.000		
Fatty acids, total transg	0.000	J	-		0.000		
Cholesterolg	0	0	4		0		
Phytosterolsmg	V	J	-		J		
•							
Others:							
Alcohol, ethylg	0.0	0	Z 7		0.0		
Caffeinemg	19		BFFN 4		3		
Theobrominemg	113	0 :	BFFN 4		16		

Common Measures:

Measure 1 = 14.0g: 1 piece

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am oun</u>	t in 100 grams	<u>n</u>	Amount in edible portion of common				
			Numbe	r				easures of fo	
					Source (Confidence			
Nutrients and Ur	nits	Mean Std.	. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		4.00	0	NC	4				
Energy		590	0	NC	4				
Energy		2467	0	NC	4				
Protein	_	12.39	0	FLC	4				
Total lipid (fat)		43.27 2.67	0	FLC FLC	4 4				
Ash Carbohydrate, by difference		37.68	0	NC	4				
Fiber, total dietary		3.5	0	FLC	4				
Sugars, total		14.63	0	FLC	4				
Starch		0.44	0	FLC	4				
Minerals:									
Calcium, Ca	_	285	0	FLC	4				
Iron, Fe	_	1.45	0	FLC	4				
Magnesium, Mg		129 332	0		4 1				
Phosphorus, P Potassium, K		606	0		1				
Sodium, Na		111	0	FLC	4				
Zinc, Zn		2.47	0		4				
Copper, Cu		0.850	0		4				
Manganese, Mn	mg	0.888	0	FLC	4				
Selenium, Se	µg	4.9	0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.4	0		1				
Thiamin	_	0.200	0		1				
Riboflavin	_	0.480	0		1				
Niacin	mg	2.260	0		1				
Pantothenic acid	mg								
Vitamin B-6	_	0.180	0		4				
Folate, total		25	0	FLC	4				
Folic acid		0	0	FLC	4				
Folate, food		25 25	0	FLC NC	4 4				
Folate, DFE Choline, total		50.1	0	FLC	4				
Betaine		30.1	· ·	FEC	-				
Vitamin B-12		0.85	0	FLC	4				
Vitamin B-12, added		0.00	0	FLC	4				
Vitamin A, RAE		55	0	NC	4				
Retinol		54	0	FLC	4				
Carotene, beta		13	0	FLC	4				
Carotene, alpha	µg	0	0	FLC	4				
Cryptoxanthin, beta		0	0	FLC	4				
Vitamin A, IU		204	0	NC	4				
Lycopene		0	0	FLC	4				
Lutein + zeaxanthin		6 2.61	0	FLC FLC	4 4				
Vitamin E (alpha-tocopherol)		0.00	0	FLC	4				
Vitamin E, added Tocopherol, beta		0.00	U	FLC	-				
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.1	0	NR	4				
Vitamin D		3	0	FLC	4				
Vitamin K (phylloquinone)		7.5	0	FLC	4				
Dihydrophylloquinone									
Menaquinone-4	µg								

	<u>Am</u>	Amount in 100 grams of edible				<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of foo	<u>d</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated	g 21.72	3	0	FLC	4					
4:0	.g 0.22	1	0	FLC	4					
6:0	.g 0.14	4	0	FLC	4					
8:0	.g 0.65	6	0	FLC	4					
10:0		5	0	FLC	4					
12:0	.g 5.07	9	0	FLC	4					
13:0	.g 0.00	0	0	FLC	4					
14:0	.g 2.41	5	0	FLC	4					
15:0	.g 0.00	0	0	FLC	4					
16:0	.g 6.91	2	0	FLC	4					
17:0	.g 0.03	5	0	FLC	4					
18:0	.g 5.36	9	0	FLC	4					
20:0	.g 0.10	1	0	FLC	4					
22:0	.g 0.06	9	0	FLC	4					
24:0	.g 0.03	6	0	FLC	4					
Fatty acids, total monounsaturated	.g 10.88	4	0	FLC	4					
14:1	.g 0.00	0	0	FLC	4					
15:1	.g 0.00	0	0	FLC	4					
16:1 undifferentiated	.g 0.19	4	0	FLC	4					
17:1	.g 0.00	4	0	FLC	4					
18:1 undifferentiated	.g 10.64	4	0	FLC	4					
20:1	.g 0.04	1	0	FLC	4					
22:1 undifferentiated	.g 0.00	2	0	FLC	4					
24:1 c	.g									
Fatty acids, total polyunsaturated	.g 4.34	9	0	FLC	4					
18:2 undifferentiated	.g 4.15	1	0	FLC	4					
18:3 undifferentiated	.g 0.19	7	0	FLC	4					
18:4	.g 0.00	0	0	FLC	4					
20:2 n-6 c,c	.g 0.00	0	0	FLC	4					
20:3 undifferentiated	.g 0.00	0	0	FLC	4					
20:4 undifferentiated	.g 0.00	1	0	FLC	4					
20:5 n-3 (EPA)	.g 0.00	0	0	FLC	4					
21:5	.g									
22:4	.g 0.00	0	0	FLC	4					
22:5 n-3 (DPA)	.g 0.00	0	0	FLC	4					
22:6 n-3 (DHA)	.g 0.00	0	0	FLC	4					
Fatty acids, total trans	.g 0.12	1	0	FLC	4					
Cholesterol	.mg 22		0	FLC	4					
Phytosterols	.mg									
Others:										
Alcohol, ethyl	•		0	FLC	4					
Caffeine			0	FLC	4					
Theobromine	.mg 150		0	FLC	4					

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

NDB No. 19905 Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)

		Amo	unt in 100 gr	ams	<u>on</u>	Amount in edible portion of common				
			Nun	nber	•				easures of fo	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean S	td. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	1.00	0.031	1.3	A	1		0.28	1.27	
Energy	-	550	0.031	0	NC	4		156	699	
Energy		2301		0	NC	4		652	2923	
Protein		5.09	0.011		A	1		1.44	6.46	
Total lipid (fat)		32.20	0.452	21	A	1		9.13	40.90	
Ash		1.74	0.010	13	A	1		0.49	2.21	
Carbohydrate, by difference	_	59.97	0.010	0	NC	4		17.00	76.16	
Fiber, total dietary		7.2	0.071		A	1		2.0	9.2	
•		46.14	0.145	13	A	1		13.08	58.60	
Sugars, total		44.65	0.143	13	A	1		12.66	56.70	
Sucrose		0.00	0.000	13	A	1		0.00	0.00	
Glucose (dextrose)		0.00	0.000	13	A	1		0.00	0.00	
Fructose	9	1.50	0.014	13	A	1		0.42		
Lactose		0.00	0.014	13	A A	1		0.42	1.90	
Maltose	9	0.00	0.000	13	A	1		0.00	0.00	
Galactose		0.00	0.000	13	A	1		0.00	0.00	
Minerals:										
Calcium, Ca	ma	57	0.453	12	А	1		16	72	
Iron, Fe		8.13	0.455	13	A	1		2.31	10.33	
Magnesium, Mg	-	152	1.814	13	A	1		43	193	
Phosphorus, P		214	1.815	13	A	1		61	272	
Potassium, K		568	7.693	13	A	1		161	721	
Sodium, Na	-	23	0.410	13	A	1		7	30	
Zinc, Zn	_	2.11	0.021	13	A	1		0.60	2.68	
Copper, Cu		1.076	0.011	13	A	1		0.305	1.367	
Manganese, Mn		1.440	0.024	13	A	1		0.408	1.829	
Selenium, Se		3.5		8	A	1		1.0	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.026	0.002	13	A	1		0.007	0.033	
Riboflavin	mg	0.051	0.000	13	A	1		0.015	0.065	
Niacin	mg	0.747	0.007	13	A	1		0.212	0.949	
Pantothenic acid	mg	0.304		8	A	1		0.086	0.386	
Vitamin B-6	mg	0.041	0.006	13	A	1		0.012	0.052	
Folate, total	µg	0		0	Z	7		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0	Z	7		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg	27.6		0	0	4		7.8	35.1	
Betaine										
Vitamin B-12		0.23		8	A	1		0.07	0.30	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	2		0	AS	1		1	3	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta		25		8	A	1		7	32	
Carotene, alpha		7		8	A	1		2	9	
Cryptoxanthin, beta		1		8	A	1		0	2	
Vitamin A, IU		49		0	AS	1		14	62	
Lycopene		0		8	A	1		0	0	
Lutein + zeaxanthin		31		8	A	1		9	39	
Vitamin E (alpha-tocopherol)		0.55		8	A	1		0.16	0.70	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00		8	A	1		0.00	0.00	
Tocopherol, gamma		6.62		8	A	1		1.88	8.40	
Tocopherol, delta		0.34		8	A	1		0.09	0.43	
	mg	0.00		8	A	1		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 0.08 0.02 0.10 Tocotrienol, gamma.....mg 8 Α 1 0.00 Tocotrienol, delta.....g 8 Α 1 0.00 0.00 Vitamin D (D2 + D3).....µg 0.0 0 z 7 0.0 0.0 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg 7 Vitamin D......U 0 0 z 0 Vitamin K (phylloquinone)......µg 8.0 8 A 1 2.3 10.2 8 Dihydrophylloquinone.....µg 0.0 Α 1 0.0 0.0 Menaquinone-4.....µg 0.1 8 A 1 0.0 0.1 Lipids: Fatty acids, total saturated......g 18.993 0 NC 4 5.384 24.121 0.002 13 1 4:0.....g 0.054 Α 0.015 0.068 0.042 0.001 13 0.053 6:0.....g Α 1 0.012 0.001 13 0.027 0.008 0.035 8:0.....g Α 1 0.082 0.001 13 10:0.....g 1 0.023 0.104 0.000 13 0.074 1 0.021 0.094 12:0.....g Α 13:0.....g 0.247 0.000 13 1 0.070 0.313 Α 15:0.....g 0.032 0.000 13 Α 1 0.009 0.041 7.825 0.084 13 А 1 2,218 9.938 16:0.....g 0.075 0.001 13 Α 1 0.021 0.096 10.132 0.177 13 12.868 2.872 1 18:0.....g Α 0.315 0.008 13 A 1 0.089 0.401 20:0.....g 0.002 13 0.070 0.055 Α 1 0.016 22:0.....g 0.031 0.001 13 Α 1 0.009 0.039 Fatty acids total monounsaturated Q 9.801 0 NC 4 2.779 12.447 0.000 13 0.018 Α 1 0.005 0.022 14:1.....g 15:1.....g 0.000 0.000 13 Α 1 0.000 0.000 16:1 undifferentiated......g 0.113 0.001 13 AS 1 0.032 0.143 0.103 0.001 13 Α 1 0.029 0.131 0.010 0.000 13 1 0.003 0.012 16:1 t.....g Α 0.000 0.000 13 Α 1 0.000 0.000 17:1......g 18:1 undifferentiated......g 9.653 0.132 13 AS 1 2.737 12.259 9.579 0.132 13 2.716 12.165 18:1 c.....g Α 1 0.074 0.000 13 1 0.021 0.094 18:1 t.....g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.000 13 0.005 0.018 Α 1 0.023 0.000 0.000 13 22:1 undifferentiated......g 0.000 0.000 0.000 0.000 13 0.000 0.000 22:1 c.....g Α 1 0.000 13 0.000 Α 1 0.000 0.000 22:1 t.....g 0.000 13 24:1 c.....g 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated.....g 1.107 NC 0.314 1.405 0.024 13 18:2 undifferentiated......g 1.015 AS 1 0.288 1.289 0.024 13 18:2 n-6 c,c....g 0.967 А 1 0.274 1.228 0.000 13 18:2 CLAs.....g 0.025 Α 1 0.007 0.032 18:2 t,t.....g 18:2 i.....g 0.023 0.001 13 1 0.006 0.029 18:2 t not further defined......g Α 0.083 0.002 13 18:3 undifferentiated......g 0.023 0.105 AS 1 18:3 n-3 c,c,c (ALA)......g 0.083 0.002 13 А 1 0.023 0.105 0.000 13 0.000 Α 1 0.000 0.000 18:3 n-6 c,c,c.....g 18:3i.....g 0.000 0.000 13 0.000 0.000 1 18:4.....g Α 0.000 13 20:2 n-6 c,c.....g 0.001 Α 1 0.000 0.001 0.000 0.000 13 AS 1 0.000 0.000 20:3 undifferentiated......g 0.000 13 0.000 A 1 0.000 0.000 20:3 n-3.....g 0.000 0.000 13 0.000 0.000 20:3 n-6 a Α 1 0.000 13 20:4 undifferentiated.....g 0.002 1 0.000 0.002 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.001 0.000 13 Α 1 0.000 0.001 21:5.....g 0.000 13 0.003 0.001 0.004 22:4.....g Α 1 0.000 0.000 13 22:5 n-3 (DPA).....g Α 1 0.000 0.000

	<u>Amount i</u>	n 100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. E		Deriv		Confidence Code		Measure 2	Measure 3
22.6 n 2 (DHA)	0.000	0.000 13	A	1		0.000	0.000	
22:6 n-3 (DHA)	0.106	0.000 13	NC	4		0.030	0.000	
Fatty acids, total trans-monoenoicg	0.084	0	NC	4		0.024	0.106	
Fatty acids, total trans-polyenoicg	0.023	0	NC	4		0.006	0.029	
Cholesterolmg	7	8	A	1		2	9	
Phytosterolsmg								
Stigmasterolmg	26	8	A	1		7	32	
Campesterolmg	11	8	A	1		3	14	
Beta-sitosterolmg	67	8	A	1		19	85	
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg	47	8	A	1		13	59	
Theobrominemg	515	8	A	1		146	654	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 127g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	u gram s	ot edil	ole porti	<u>ion</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
						Source	Confidence				
Nutrients and Unit	•	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and onto	.5	Wicaii	3tu. 🗀 101					Wicasure	Wedsule 2	Wieasure	
Proximates:											
Water	g	13.26	5	0	FLC	4					
Energy	kcal	481		0	NC	4					
Energy	kJ	2012		0	NC	4					
Protein	g	2.13	3	0	LC	8					
Total lipid (fat)	g	27.65	5	0	LC	8					
Ash	g	1.10)	0	FLC	4					
Carbohydrate, by difference	g	55.87	7	0	NC	4					
Fiber, total dietary	g	6.4		0	LC	8					
Sugars, total	g	36.16	5	0	LC	8					
Starch	g										
Minerals:											
Calcium, Ca	ma	43		0	LC	8					
Iron, Fe	_	0.77	7	0	LC	8					
Magnesium, Mg		27		0	FLC	4					
Phosphorus, P		93		0	FLC	4					
Potassium, K		294		0	FLC	4					
Sodium, Na	mg	128		0	LC	8					
Zinc, Zn	mg	1.02	2	0	FLC	4					
Copper, Cu	mg	0.36	50	0	FLC	4					
Manganese, Mn		1.23	38	0	FLC	4					
Selenium, Se	µg	8.6		0	FLC	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.7		0	FLC	4					
Thiamin	-	0.06	59	0	FLC	4					
Riboflavin	mg	0.02	21	0	FLC	4					
Niacin	mg	0.44	1 5	0	FLC	4					
Pantothenic acid	mg	0.24	1 7	0	FLC	4					
Vitamin B-6	mg	0.04	15	0	FLC	4					
Folate, total	µg	22		0	FLC	4					
Folic acid		0		0	FLC	4					
Folate, food		22		0	FLC	4					
Folate, DFE		22		0	NC	4					
Choline, total	-	10.0		0	FLC	4					
Betaine		0.7		0	FLC	4					
Vitamin B-12		0.00		0	FLC	4					
Vitamin B-12, added		0.00	,	0	FLC NC	4 4					
Vitamin A, RAE Retinol		0		0	FLC	4					
Carotene, beta		0		0	FLC	4					
Carotene, alpha		0		0	FLC	4					
Cryptoxanthin, beta		0		0	FLC	4					
Vitamin A, IU		0		0	FLC	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin		0		0	FLC	4					
Vitamin E (alpha-tocopherol)		0.20)	0	FLC	4					
Vitamin E, added		0.00)	0	FLC	4					
Tocopherol, beta	mg	0.00)	0	FLC	4					
Tocopherol, gamma	mg	0.44		0	FLC	4					
Tocopherol, delta		0.00		0	FLC	4					
Tocotrienol, alpha		1.20		0	FLC	4					
Tocotrienol, beta		0.00)	0	FLC	4					
Tocotrienol, gamma											
Tocotrienol, delta				_		_					
Vitamin D (D2 + D3)		0.0		0	FLC	4					
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)		0		0	FLC	4					
Vitamin D											

	<u>Am oun</u>	t in 100 grams	Amount in edible portion of common						
		Nium bas				measures of food			
		Number						<u>~</u>	
					Confidence				
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Dihydrophylloquinoneµg Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	25.540	0	FLC	4					
4:0g	0.000	0	FLC	4					
6:0	0.164	0	FLC	4					
8:0g	2.018	0	FLC	4					
10:0g	1.603	0	FLC	4					
12:0g	12.778	0	FLC	4					
13:0g	12.770	v	FEC	-					
14:0g	5.045	0	FLC	4					
15:0g	3.013	Ū	120	•					
16:0g	2.442	0	FLC	4					
17:0g		·		_					
18:0g	1.491	0	FLC	4					
20:0g		·		_					
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.328	0	FLC	4					
14:1									
15:1g									
16:1 undifferentiatedg	0.000	0	FLC	4					
17:1g									
18:1 undifferentiatedg	0.328	0	FLC	4					
20:1g	0.000	0	FLC	4					
22:1 undifferentiatedg	0.000	0	FLC	4					
24:1 cg									
Fatty acids, total polyunsaturatedg	0.084	0	FLC	4					
18:2 undifferentiatedg	0.084	0	FLC	4					
18:3 undifferentiatedg	0.000	0	FLC	4					
18:4g	0.000	0	FLC	4					
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0	FLC	4					
20:5 n-3 (EPA)g	0.000	0	FLC	4					
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000	0	FLC	4					
22:6 n-3 (DHA)g	0.000	0	FLC	4					
Fatty acids, total transg									
Cholesterolmg	0	0	FLC	4					
Phytosterolsmg	39	0	FLC	4					
Others:									
Alcohol, ethylg	0.0	0	FLC	4					
Caffeinemg	0	0	FLC	4					
Theobrominemg	0	0	FLC	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount	in 100 grams	oredi	vie portio	<u>11</u>	Amount in edible portion of common			
			Number				measures of food			
			of Data	Deriv	Source C	Confidence				
Nutrients and Uni	its	Mean Std. I	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	-	0.75	2	A	1		1.28	0.21		
Energy	kcal	539	0	NC	4		916	153		
Energy		2254	0	NC	4		3831	639		
Protein (N x 6.38)	-	2.20	2	A	1		3.74	0.62		
Total lipid (fat)	g	29.05	2	A	1		49.39	8.24		
Ash	_	0.90	2	A	1		1.53	0.26		
Carbohydrate, by difference	g	67.10	0	NC	4		114.07	19.02		
Fiber, total dietary	g	0.0	0	FLC	4		0.0	0.0		
Sugars, total	g	67.10	0	0	4		114.07	19.02		
Starch	g									
Minerals:										
Calcium, Ca	mg	34	1		1		58	10		
Iron, Fe	mg	0.08	1		4		0.14	0.02		
Magnesium, Mg	mg	5	0	FLC	4		8	1		
Phosphorus, P	mg	31	0	FLC	4		52	9		
Potassium, K	-	64	0	FLC	4		109	18		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	89	2	A	1		151	25		
Zinc, Zn	_	0.11	0	FLC	4		0.19	0.03		
Copper, Cu		0.003	0	FLC	4		0.005	0.001		
Manganese, Mn		0.002	0	FLC	4		0.003	0.000		
Selenium, Se	µg	1.3	0	FLC	4		2.2	0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0	FLC	4		0.2	0.0		
Thiamin	mg	0.015	0	FLC	4		0.026	0.004		
Riboflavin	mg	0.075	0	FLC	4		0.128	0.021		
Niacin	mg	0.049	0	FLC	4		0.083	0.014		
Pantothenic acid	-	0.148	0	FLC	4		0.251	0.042		
Vitamin B-6	_	0.016	0	FLC	4		0.027	0.005		
Folate, total		1	0	FLC	4		2	0		
Folic acid		0	0	FLC	4		0	0		
Folate, food		1	0	FLC	4		2	0		
Folate, DFE		1	0	NC	4		2	0		
Choline, total	_	10.9	0	0	4		18.5	3.1		
Betaine			•							
Vitamin B-12		0.10	0	FLC	4		0.17	0.03		
Vitamin B-12, added		0.00	0	FLC	4		0.00	0.00		
Vitamin A, RAE		0 0	0	NC FLC	4		0 0	0		
Retinol		0	0		-		0	0		
Carotene, beta		0	0	FLC FLC	4 4		0	0		
Carotene, alpha		0	0	FLC	4		0	0		
Cryptoxanthin, beta		1	0	NC	4		1	0		
Vitamin A, IU		0	0	FLC	4		0	0		
LycopeneLutein + zeaxanthin		0	0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.68	0	FLC	4		1.15	0.19		
Vitamin E (aipna-tocopneroi) Vitamin E, added		0.00	0	FLC	4		0.00	0.19		
Tocopherol, beta		0.00	0	FLC	4		0.00	0.00		
Tocopherol, gamma		0.03	0	FLC	4		0.05	0.01		
Tocopherol, delta			•		-		*****	****		
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)		0.0	0	z	7		0.0	0.0		
Vitamin D		0	0	z	7		0	0		
Vitamin K (phylloquinone)		6.5	0	FLC	4		11.1	1.9		
Dihydrophylloquinone										
Menaquinone-4										

	<u>Amount</u>	in 100 grams		ble portion		Amount in edible portion of common measures of food		
		Number	•		<u>m</u>	easures or roc	<u> </u>	
		of Data	Deriv	Source Confider	nce			
Nutrients and Units	Mean Std. E	error Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Lipids:								
Fatty acids, total saturatedg	24.100	1	A	1	40.970	6.832		
4:0g	0.000	1		1	0.000	0.000		
6:0g	0.060	1		1	0.102	0.017		
8:0g	1.092	2	A	1	1.856	0.310		
10:0g	1.076	2	A	1	1.829	0.305		
12:0g	13.790	1		1	23.443	3.909		
13:0g								
14:0g	4.674	2	A	1	7.946	1.325		
15:0g								
16:0g	2.344	2	A	1	3.985	0.665		
17:0g								
18:0g	1.722	2	A	1	2.927	0.488		
20:0g	0.010	0	FLC	4	0.017	0.003		
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	2.271	0		4	3.861	0.644		
14:1g								
15:1g								
16:1 undifferentiatedg	0.007	2	A	1	0.012	0.002		
17:1g								
18:1 undifferentiatedg	2.250	2	A	1	3.825	0.638		
20:1g	0.014	1	A	1	0.024	0.004		
22:1 undifferentiatedg	0.000	0		1	0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	1.041	0	FLC	4	1.770	0.295		
18:2 undifferentiatedg	0.974	2	A	1	1.656	0.276		
18:3 undifferentiatedg	0.034	2	A	1	0.057	0.009		
18:4g	0.000	0	FLC	4	0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg		_	_	_				
20:4 undifferentiatedg	0.034	1	A	1	0.057	0.009		
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000	0.000		
21:5g								
22:4g	0.000	0		4	0.000	0.000		
22:5 n-3 (DPA)g	0.000 0.000	0	FLC FLC	4 4	0.000 0.000	0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000	0.000		
Fatty acids, total transg	0.000	0	FLC	4	1	0.000		
Cholesterolmg	U	U	FLC	4	1	U		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4	0.0	0.0		
Caffeinemg	0	0	FLC	4	0	0		
Theobrominemg	0	0	FLC	4	0	0		

Common Measures:

Measure 1 = 170g: 1 cup chips Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Nutrients and Units									dible portion			
Nutrients and Units				Num ber				measures of food				
Nutrients and Units						Source C	onfidence			_		
	\$	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3		
<u>Proximates:</u> Water	а	2.6	7	0	FLC	4		4.48	0.76			
Energy		529		0	NC	4		889	150			
Energy		2213		0	NC	4		3718	627			
Protein (N x 6.25)		18.30	0	1		1		30.74	5.19			
Total lipid (fat)		29.80		1		1		50.06	8.45			
Ash		2.3		0	FLC	4		3.95	0.67			
Carbohydrate, by difference		46.88		0	NC	4		78.76	13.29			
Fiber, total dietary		5.0		0	FLC	4		8.4	1.4			
Sugars, total		38.30	n	0	FLC	4		64.35	10.86			
Starch				·		-		01100	10.00			
<u> Minerals:</u>												
Calcium, Ca	_	110		1		1		185	31			
Iron, Fe	_	1.70	0	1		1		2.86	0.48			
Magnesium, Mg		110		1		1		185	31			
Phosphorus, P		310		1		1		521	88			
Potassium, K		505		1		1		848	143			
Sodium, Na	_	250	•	1		1		420	71			
Zinc, Zn		2.00		1 1		1		3.36	0.57			
Copper, Cu		0.40		1		1 1		0.672 2.352	0.113 0.397			
Manganese, Mn		3.9	00	0	FLC	4		6.5	1.1			
Selenium, Se	pg	3.9		U	FLC	-		0.5	1.1			
itamins:												
Vitamin C, total ascorbic acid	mg	0.3		0	FLC	4		0.6	0.1			
Thiamin	-	0.23		0	FLC	4		0.389	0.066			
Riboflavin	_	0.20		1		1		0.336	0.057			
Niacin	-	8.20		1		1		13.776	2.325			
Pantothenic acid	_	1.0		0	FLC	4		1.774	0.299			
Vitamin B-6	-	0.1	70	0	FLC	4		0.285	0.048			
Folate, total		77		0	FLC	4 4		130	22			
Folic acid		0 77		0	FLC FLC	4		0 130	0 22			
Folate, food		77		0	NC	4		130	22			
Folate, DFE		30.0		0	O	4		50.4	8.5			
Betaine	_	30.0		U	O	-		30.4	0.5			
Vitamin B-12		0.20	n	0	FLC	4		0.33	0.06			
Vitamin B-12. added		0.00		0	FLC	4		0.00	0.00			
Vitamin A, RAE		0		0	FLC	4		1	0			
Retinol		0		0	FLC	4		1	0			
Carotene, beta		0		0	FLC	4		0	0			
Carotene, alpha		0		0	FLC	4		0	0			
Cryptoxanthin, beta		0		0	FLC	4		0	0			
Vitamin A, IU		1		0	FLC	4		2	0			
Lycopene		0		0	FLC	4		0	0			
Lutein + zeaxanthin		0		0	FLC	4		0	0			
Vitamin E (alpha-tocopherol)	mg	1.30	б	0	FLC	4		2.29	0.39			
Vitamin E, added	mg	0.00	0	0	FLC	4		0.00	0.00			
Tocopherol, beta	mg	0.00	0	0	FLC	4		0.00	0.00			
Tocopherol, gamma	mg	0.00	0	0	FLC	4		0.00	0.00			
Tocopherol, delta												
Tocotrienol, alpha	mg											
Tocotrienol, beta												
Tocotrienol, gamma	mg											
Tocotrienol, delta	mg											
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0			
Vitamin D		0		0	Z	7		0	0			
Vitamin K (phylloquinone)	µg	7.3		0	FLC	4		12.3	2.1			
Dihydrophylloquinone												

	<u>Am o</u>				ble portion		Amount in edible portion of common measures of food		
			Number				<u></u>	0000100 01 100	<u>.u</u>
Nutrients and Units	Mean S	itd. Error			Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	13.120		0		1		22.042	3.720	
4:0g	0.011		0	FLC	4		0.019	0.003	
6:0g	0.022		0	FLC	4		0.037	0.006	
8:0g	0.352		0	FLC	4		0.591	0.100	
10:0g	0.439		0	FLC	4		0.738	0.125	
12:0g	7.540		0	FLC	4		12.667	2.138	
13:0g									
14:0g	2.676		0	FLC	4		4.495	0.759	
15:0g	0.001		0	FLC	4		0.002	0.000	
16:0g	1.404		0	FLC	4		2.358	0.398	
17:0g	0.004		0	FLC	4		0.006	0.001	
18:0g	0.643		0	FLC	4		1.080	0.182	
20:0g	0.016		0	FLC	4		0.027	0.004	
22:0g	0.011		0	FLC	4		0.018	0.003	
24:0g									
Fatty acids, total monounsaturatedg	12.829		0	FLC	4		21.553	3.637	
14:1g									
15:1g									
16:1 undifferentiatedg	0.016		0	FLC	4		0.026	0.004	
17:1g									
18:1 undifferentiatedg	12.801		0	FLC	4		21.506	3.629	
20:1g	0.011		0	FLC	4		0.018	0.003	
22:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	2.053		0	FLC	4		3.449	0.582	
18:2 undifferentiatedg	1.949		0	FLC	4		3.275	0.553	
18:3 undifferentiatedg	0.032		0	FLC	4		0.054	0.009	
18:4g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		0	FLC	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)	0.000		0	FLC	4 4		0.000	0.000	
Fatty acids, total transg	1.763		-	FLC			2.962	0.500	
Cholesterolmg	1		0	FLC	4		2	U	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 168g: 1 cup chips Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		Allioun	t in 100 grams	<u>/11</u>	Amount in edible portion of common					
			Number				measures of food			
			of Data	Deriv	Source (Confidence				
Nutrients and Ur	nits	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Natificities and of	111.3	Mean ota.					weasure i	WCasarc 2	Measure	
Proximates:										
Water	g	1.91	2	A	1		3.25			
Energy	kcal	522	0	NC	4		888			
Energy	kJ	2185	0	NC	4		3714			
Protein (N x 6.25)	g	5.87	0	FLA	4		9.98			
Total lipid (fat)		27.00	2	A	1		45.90			
Ash		1.28	0	FLA	4		2.18			
Carbohydrate, by difference	_	63.94	0	NC	4		108.69			
Fiber, total dietary		0.0	0	FLA	4		0.0			
Sugars, total		62.36	0	FLA	4		106.00			
Starch										
Staron	9									
Minerals:										
Calcium, Ca	<u>m</u> g	205	0	FLA	4		348			
Iron, Fe	_	0.14	0	FLA	4		0.23			
Magnesium, Mg		18	0	FLA	4		31			
Phosphorus, P		157	0	FLA	4		268			
Potassium, K	_	290	0	FLA	4		493			
Sodium, Na	_	88	0	FLA	4		149			
Zinc, Zn	_	0.70	0	FLA	4		1.20			
Copper, Cu		0.008	0	FLA	4		0.013			
Manganese, Mn	_	0.003	0	FLA	4		0.006			
Selenium, Se	µg	4.7	0	FLA	4		8.0			
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5	0	BFZN	4		0.9			
Thiamin	_	0.064	0	FLA	4		0.108			
Riboflavin		0.261	0	FLA	4		0.444			
Niacin	_	0.154	0	FLA	4		0.261			
Pantothenic acid	_	0.587	0	FLA	4		0.998			
Vitamin B-6	_	0.056	0	FLA	4		0.095			
Folate, total	_	8	0	FLA	4		14			
Folic acid		0	0	FLA	4		0			
Folate, food	· -	8	0	FLA	4		14			
Folate, DFE		8	0	NC	4		14			
Choline, total		24.8	0	0	4		42.2			
Betaine	_		_	-	=					
Vitamin B-12		0.65	0	NR	4		1.11			
Vitamin B-12, added		0.00	0	FLA	4		0.00			
Vitamin A, RAE		1	0	FLA	4		2			
Retinol		1	0	FLA	4		2			
Carotene, beta		0	0	FLA	4		0			
Carotene, alpha		0	0	FLA	4		0			
Cryptoxanthin, beta		0	0	FLA	4		0			
Vitamin A, IU		4	0	FLA	4		7			
Lycopene		0	0	FLA	4		0			
Lutein + zeaxanthin		0	0	FLA	4		0			
Vitamin E (alpha-tocopherol)		1.11	0	FLA	4		1.88			
Vitamin E, added		0.00	0	FLA	4		0.00			
Tocopherol, beta			ŭ		-					
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	z	7		0.0			
Vitamin D		0	0	z	, 7		0			
Vitamin K (phylloquinone)		9.4	0	FLA	4		15.9			
		J. 1	3	- LIFE	-		13.5			
Dihydrophylloquinone	H9									

	Amoun	t in 100 grams	Amount in edible portion of common					
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Con	fidence			
Nutrients and Units	Mean Std.	Error Points	Code	Code (Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	24.104	0	FLA	4		40.976		
4:0g	0.025	0	FLA	4		0.043		
6:0g	0.044	0	FLA	4		0.074		
8:0g	0.678	0	FLA	4		1.153		
10:0g	0.847	0	FLA	4		1.440		
12:0g	14.505	0	FLA	4		24.658		
13:0g								
14:0g	5.153	0	FLA	4		8.759		
15:0g								
16:0g	2.271	0	FLA	4		3.861		
17:0g								
18:0g	0.571	0	FLA	4		0.970		
20:0g	0.010	0	FLA	4		0.017		
22:0g								
24:0g								
Fatty acids, total monounsaturated	0.526	0	FLA	4		0.894		
14:1g								
15:1g								
16:1 undifferentiatedg	0.003	0	FLA	4		0.006		
17:1g								
18:1 undifferentiatedg	0.523	0	FLA	4		0.888		
20:1g	0.000	0	FLA	4		0.000		
22:1 undifferentiatedg	0.000	0	FLA	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.524	0	FLA	4		0.891		
18:2 undifferentiatedg	0.478	0	FLA	4		0.812		
18:3 undifferentiatedg	0.046	0	FLA	4		0.079		
18:4g	0.000	0	FLA	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLA	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLA	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLA	4		0.000		
Fatty acids, total transg	0.000	0	FLA	4		0.000		
Cholesterolmg	1	2	A	1		2		
Phytosterolsmg								
Others:								
Alcohol, ethyl9	0.0	0	FLA	4		0.0		
Caffeinemg	0	0	FLA	4		0		
Theobrominemg	0	0	FLA	4		0		

Common Measures:

Measure 1 = 170g: 1 cup chips

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		<u>Amount i</u>	in 100 grams	Amount in edible portion of common					
			Number	measures of food					
					Source C	onfidence			
Nutrients and Un	ite	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Weari Stu. L	1101				Wicasure i	Wedsule 2	weasure .
Proximates:									
Water	g	1.60	1	MC	9		0.67		
Energy	kcal	542	0	NC	4		228		
Energy	kJ	2269	0	NC	4		953		
Protein (N x 6.25)	g	9.53	1	MC	9		4.00		
Total lipid (fat)	g	31.34	1	MC	9		13.16		
Ash	g	2.00	1	MC	9		0.84		
Carbohydrate, by difference	g	55.53	0	NC	4		23.32		
Fiber, total dietary	g	3.3	1	MC	9		1.4		
Sugars, total	g	40.33	1	MC	9		16.94		
Starch	g								
Minerals:									
Calcium, Ca	ma	70	1	MC	9		30		
Iron, Fe	_	1.30	1	MC	9		0.55		
Magnesium, Mg		49	1	MC	9		21		
Phosphorus, P		144	1	MC	9		60		
Potassium, K		295	1	MC	9		124		
Sodium, Na	_	264	1	MC	9		111		
Zinc, Zn	mg	0.99	1	MC	9		0.42		
Copper, Cu	mg	0.200	1	MC	9		0.084		
Manganese, Mn	<u>mg</u>	0.000	1	MC	9		0.000		
Selenium, Se	µg	0.7	1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.6	1	MC	9		0.2		
Thiamin	_	0.130	1	MC	9		0.055		
Riboflavin	_	0.100	1	MC	9		0.042		
Niacin	_	3.640	1	MC	9		1.529		
Pantothenic acid	_	0.440	1	MC	9		0.185		
Vitamin B-6	_	0.080	1	MC	9		0.034		
Folate, total	_	40	1	MC	9		17		
Folic acid	µg	40	1	MC	9		17		
Folate, food	µg	0	1	AS	1		0		
Folate, DFE	µg	68	0	NC	4		28		
Choline, total	mg	28.2	0	0	4		11.8		
Betaine	mg								
Vitamin B-12	µg	0.15	0	FLC	4		0.06		
Vitamin B-12, added	µg	0.00	0	Z	7		0.00		
Vitamin A, RAE		15	0	NC	4		6		
Retinol		15	0	NR	4		6		
Carotene, beta		4	0	NR	4		2		
Carotene, alpha		0	0	FLC	4		0		
Cryptoxanthin, beta		0	0	FLC	4		0		
Vitamin A, IU		58	1	MC	9		24		
Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin		45 2.77	0	FLC FLC	4 4		19 1.16		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00	0	FLC Z	4 7		0.00		
Tocopherol, beta		0.00	U	4	,		0.00		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D	IU	0	0	Z	7		0		
Vitamin K (phylloquinone)	µg	5.9	0	FLC	4		2.5		
Dihydrophylloquinone	µg								
Menaquinone-4									

	Amount in	100 grams		Amount in edible portion of common measures of food			
		Numbe			_	easures of for	<u>50</u>
Nutrients and Units	Mean Std. Er	of Data ror Points		Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Y in ide.							
<u>Lipids:</u>	12.959	0	FLC	4	F 443		
Fatty acids, total saturatedg 4:0g	0.119	0	FLC	4	5.443 0.050		
6:0g	0.044	0	FLC	4	0.018		
8:0g	0.044	0	FLC	4	0.018		
8:0g 10:0g	0.040	0	FLC	4	0.017		
12:0g	0.222	0	FLC	4	0.025		
13:0g	0.000	0	FLC	4	0.000		
14:0g	0.236	0	FLC	4	0.000		
14:0g 15:0g	0.236	0	FLC	4	0.099		
16:0	6.006	0	FLC	4	2.523		
17:0g	0.015	0	FLC	4	0.006		
17:0g 18:0g	6.155	0	FLC	4	2.585		
20:0g	0.133	0	FLC	4	0.017		
20:0g 22:0	0.004	0	FLC	4	0.017		
24:0g	0.004	0	FLC	4	0.002		
	10.820	1	MC	9	4.544		
Fatty acids, total monounsaturatedg	0.013	0	FLC	4	0.005		
	0.013	0	FLC	4	0.005		
15:1g 16:1 undifferentiatedg	0.053	0	FLC	4	0.022		
	0.004	0	FLC	4	0.022		
17:1g		0	FLC	4			
18:1 undifferentiatedg	9.323 0.113	0	FLC	4	3.915		
20:1g	0.113	0	FLC	4	0.048		
22:1 undifferentiatedg	0.000	0		4	0.000		
24:1 cg		1	FLC	9	0.000		
Fatty acids, total polyunsaturated	4.680 4.593	0	MC FLC	4	1.966		
18:2 undifferentiated		0		=	1.929		
18:3 undifferentiatedg	0.049	0	FLC	4	0.020		
18:4g	0.000	0	FLC	4	0.000		
20:2 n-6 c,cg	0.000	0	FLC	4	0.000		
20:3 undifferentiatedg	0.000	-	FLC	4	0.000		
20:4 undifferentiatedg	0.000	0	FLC	4	0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000		
21:5g							
22:4g	0 000	0	ET C	4	0 000		
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000		
22:6 n-3 (DHA)g	0.000	0 1	FLC MC		0.000		
Fatty acids, total transg	0.020	0	MC FLC	9 4	0.008		
Cholesterolmg Phytosterolsmg	5	U	FLC	4	2		
•							
Others:		_		•			
Alcohol, ethyl	0.0	1	MC	9	0.0		
Caffeinemg	0	1	MC	9	0		
Theobrominemg	48	0	FLC	4	20		

Common Measures:

Measure 1 = 42g: 1 serving 1.5 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	0 grams	Amount in edible portion of common					
				Number	measures of food					
						Source C	onfidence			
Nutrients and U	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.4	7	0	FLC	4		0.59		
Energy		540		0	NC	4		216		
Energy	kJ	2259		0	NC	4		903		
Protein (N x 6.25)	g	7.5	0	1	LC	8		3.00		
Total lipid (fat)	g	30.0		1	LC	8		12.00		
Ash	_	1.0		0	FLC	4		0.43		
Carbohydrate, by difference		59.9		0	NC	4		23.98		
Fiber, total dietary		7.5		1	LC	8		3.0		
Sugars, total		42.5	0	1	LC	8		17.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	100		1	LC	8		40		
Iron, Fe	mg	2.7	0	1	LC	8		1.08		
Magnesium, Mg		107		0	FLC	4		43		
Phosphorus, P		135		0	FLC	4		54		
Potassium, K	_	342		0	FLC	4		137		
Sodium, Na Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	25 1.3	2	1 0	LC FLC	8 4		10 0.53		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.5		0	FLC	4		0.225		
Manganese, Mn	_	0.5		0	FLC	4		0.223		
Selenium, Se		2.8		0	FLC	4		1.1		
,										
Vitamins:	ma	0.0		1	LC	8		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.0		0	FLC	4		0.0 0.007		
Riboflavin	_	0.2		0	FLC	4		0.106		
Niacin	_	0.5		0	FLC	4		0.231		
Pantothenic acid	_	0.1	08	0	FLC	4		0.043		
Vitamin B-6	_	0.0	38	0	FLC	4		0.015		
Folate, total	µg	3		0	FLC	4		1		
Folic acid	µg	0		0	FLC	4		0		
Folate, food		3		0	FLC	4		1		
Folate, DFE		3		0	NC	4		1		
Choline, total	_									
Betaine		0.0	0	0	FLC	4		0.00		
Vitamin B-12 Vitamin A, RAE		0.0	· ·	0	FLC	4		0.00		
Retinol		0		0	FLC	4		0		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		0		1	LC	8		0		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	16		0	FLC	4		6		
Vitamin E (alpha-tocopherol)	mg	0.2	3	0	FLC	4		0.09		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)		5.9		0	FLC	4		2.4		
Dihydrophylloquinone	µg									
Menaquinone-4	ua									

		<u>An</u>	ount in	100 grams	Amount in edible portion of common					
				Num be	r			<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source C	Confidence			
Nutrients and Units		Mean	Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Esternal de total esternata d	a	15.0	00	1	LC	8		6.000		
Fatty acids, total saturated		0.0		0	FLC	4				
4:0	-	0.0		0	FLC	4		0.000		
6:0				0				0.000		
8:0	-	0.0		0	FLC	4		0.000		
10:0		0.0		-	FLC	4		0.000		
12:0		0.0	00	0	FLC	4		0.000		
13:0	-			•						
14:0	-	0.0		0	FLC	4		0.009		
15:0		0.0		0	FLC	4		0.000		
16:0		6.5		0	FLC	4		2.621		
17:0	-	0.0		0	FLC	4		0.000		
18:0	-	8.4		0	FLC	4		3.363		
20:0		0.0		0	FLC	4		0.005		
22:0	-	0.0		0	FLC	4		0.000		
24:0		0.0	00	0	FLC	4		0.000		
Fatty acids, total monounsaturated	g	0.0	00	1	LC	8		0.000		
14:1	g	0.0	00	0	FLC	4		0.000		
15:1	g									
16:1 undifferentiated	g	0.0	00	0	FLC	4		0.000		
17:1	g									
18:1 undifferentiated	g	0.0	00	0	FLC	4		0.000		
20:1	g	0.0	00	0	FLC	4		0.000		
22:1 undifferentiated	g	0.0	00	0	FLC	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.0	00	1	LC	8		0.000		
18:2 undifferentiated		0.0	00	0	FLC	4		0.000		
18:3 undifferentiated	g	0.0	00	0	FLC	4		0.000		
18:4	g	0.0	00	0	FLC	4		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.0	00	0	FLC	4		0.000		
20:5 n-3 (EPA)	-	0.0	00	0	FLC	4		0.000		
21:5	-									
22:4										
22:5 n-3 (DPA)	-	0.0	00	0	FLC	4		0.000		
22:6 n-3 (DHA)	-	0.0		0	FLC	4		0.000		
Fatty acids, total trans		• • • • • • • • • • • • • • • • • • • •		•		-		0.000		
Cholesterol	-	13		1	LC	8		5		
Phytosterols	-			-		•		-		
•	9									
Others:	_			_						
Alcohol, ethyl	-	0.0		0	FLC	4		0.0		
Caffeine	-	839		0	FLC	4		336		
Theobromine	mg	368		0	FLC	4		147		

Common Measures:

Measure 1 = 40g: 1 serving 28 pieces

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		An	ount in 10	v gram s	Amount in edible portion of common					
				Num ber	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	9.1	6	0	RC	4		1.01		
Energy	kcal	364		0	RC	4		40		
Energy	kJ	1523		0	RC	4		167		
Protein (N x 0)	g	1.3	2	0	RC	4		0.15		
Total lipid (fat)	g	0.0	6	0	RC	4		0.01		
Ash		0.1	4	0	RC	4		0.02		
Carbohydrate, by difference	g	89.0	5	0	RC	4		9.80		
Fiber, total dietary		0.0		0	RC	4		0.0		
Sugars, total		78.9	6	0	RC	4		8.69		
Starch										
Minerals:										
Calcium, Ca	_	5		0	RC	4		1		
Iron, Fe	-	0.0	2	0	RC	4		0.00		
Magnesium, Mg		2		0	RC	4		0		
Phosphorus, P		2		0	RC	4		0		
Potassium, K	-	23		0	RC	4		3		
Sodium, Na	-	34	•	0	RC	4		4		
Zinc, Zn	_	0.0		0	RC	4		0.01 0.001		
Copper, Cu		0.0		0	RC	4 4				
Manganese, Mn		0.0 3.0		0	RC RC	4		0.000 0.3		
Selenium, Se	µg	3.0		U	RC	*		0.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.0	12	0	RC	4		0.001		
Riboflavin	mg	0.0	65	0	RC	4		0.007		
Niacin	mg	0.0	15	0	RC	4		0.002		
Pantothenic acid	mg	0.0	23	0	RC	4		0.003		
Vitamin B-6	mg	0.0	01	0	RC	4		0.000		
Folate, total	µg	0		0	RC	4		0		
Folic acid	µg	0		0	RC	4		0		
Folate, food	µg	0		0	RC	4		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total	mg									
Betaine	_									
Vitamin B-12		0.0		0	RC	4		0.00		
Vitamin B-12, added		0.0	0	0	RC	4		0.00		
Vitamin A, RAE		0		0	RC	4		0		
Retinol		0		0	RC	4		0		
Carotene, beta		0		0	RC	4		0		
Carotene, alpha		0		0	RC	4		0		
Cryptoxanthin, beta		0		0	RC	4		0		
Vitamin A, IU		0		0	RC	4		0		
Lycopene		0		0	RC	4		0		
Lutein + zeaxanthin		0	•	0	RC	4		0		
Vitamin E (alpha-tocopherol)		0.0		0	RC	4		0.00		
Vitamin E, added		0.0	0	0	RC	4		0.00		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	1. 7									
Vitamin K (phylloquinone)		0.0		0	RC	4		0.0		
Dihydrophylloquinone		0.0		Ū	I.C	-		0.0		
zmyaropnynoqumone	P9									

	Amount in	100 grams	Amount in edible portion of common					
		Nh	measures of food					
		Num be				<u></u>		<u>~~</u>
Nutrients and Units	Mean Std. Er	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	RC	4		0.000		
4:0g	0.000	0	RC	4		0.000		
6:0g	0.000	0	RC	4		0.000		
8:0g	0.000	0	RC	4		0.000		
10:0g	0.000	0	RC	4		0.000		
12:0g	0.000	0	RC	4		0.000		
13:0g								
14:0g	0.000	0	RC	4		0.000		
15:0g								
16:0g	0.000	0	RC	4		0.000		
17:0g								
18:0g	0.000	0	RC	4		0.000		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	RC	4		0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	RC	4		0.000		
17:1g								
18:1 undifferentiatedg	0.000	0	RC	4		0.000		
20:1g	0.000	0	RC	4		0.000		
22:1 undifferentiated	0.000	0	RC	4		0.000		
24:1 c	0.000	· ·	110	-		0.000		
Fatty acids, total polyunsaturatedg	0.000	0	RC	4		0.000		
18:2 undifferentiated	0.000	0	RC	4		0.000		
18:3 undifferentiatedg	0.000	0	RC	4		0.000		
18:4g	0.000	0	RC	4		0.000		
-	0.000	U	RC	4		0.000		
20:2 n-6 c,c								
	0.000	0	RC	4		0.000		
20:4 undifferentiated		0		4		0.000		
20:5 n-3 (EPA)	0.000	U	RC	4		0.000		
21:5g								
22:4g		•						
22:5 n-3 (DPA)g	0.000	0	RC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	RC	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	RC	4		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg								
Caffeinemg	0	0	RC	4		0		
Theobrominemg	0	0	RC	4		0		

Common Measures:

Measure 1 = 11.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10		Amount in edible portion of common measures of food					
				Number		_		<u> </u>	easures or ro	<u> </u>
							Confidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.7	4	0	RKI	6		1.91		
Energy		373		0	NC	4		106		
Energy		1560		0	NC	4		442		
Protein		0.0	0	0	RKI	6		0.00		
Total lipid (fat)	g	0.0	2	0	RKI	6		0.00		
Ash	g	0.0	б	0	RKI	6		0.02		
Carbohydrate, by difference	g	93.1	В	0	RKI	6		26.42		
Fiber, total dietary		0.0		0	RKI	6		0.0		
Sugars, total		88.9	0	0	RKI	6		25.20		
Starch										
Minerals:										
Calcium, Ca	-	3		0	RKA	1		1		
Iron, Fe		0.0	1	0	RKA	1		0.00		
Magnesium, Mg		0		0	RKA	1		0		
Phosphorus, P		0		0	RKA	1		0		
Potassium, K		4		0	RKA	1		1		
Sodium, Na	-	11		0	RKA	1		3		
Zinc, Zn		0.0		0	RKA	1		0.01		
Copper, Cu		0.0		0 0	RKA	1 1		0.001 0.000		
Manganese, Mn		0.0	00	0	RKA RKI	6		0.000		
Selenium, Se	µg	0.6		U	RKI	0		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKI	6		0.0		
Thiamin	mg	0.0	05	0	RKI	6		0.001		
Riboflavin	mg	0.0	16	0	RKI	6		0.005		
Niacin	mg	0.0	00	0	RKI	6		0.000		
Pantothenic acid	mg	0.0	00	0	RKI	6		0.000		
Vitamin B-6	mg	0.0	00	0	RKI	6		0.000		
Folate, total	µg	0		0	RKI	6		0		
Folic acid	µg	0		0	RKI	6		0		
Folate, food	µg	0		0	RKI	6		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total		0.0		0	RKI	6		0.0		
Betaine	mg	0.0		0	RKI	6		0.0		
Vitamin B-12		0.0		0	RKI	6		0.00		
Vitamin B-12, added		0.0	0	0	RKI	6		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	RKI	6		0		
Carotene, beta		0		0	RKI	6		0		
Carotene, alpha		0		0	RKI	6		0		
Cryptoxanthin, beta		0		0	RKI	6		0		
Vitamin A, IU		0		0	RKI	6		0		
Lycopene		0		0	RKI	6		0		
Lutein + zeaxanthin		0	_	0	RKI	6		0		
Vitamin E (alpha-tocopherol)		0.0		0	RKI	6		0.00		
Vitamin E, added	-	0.0	D	0	RKI	6		0.00		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.0		0	z	7		0.0		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0		
Vitamin D		0.0		0	Z RKI	6		0.0		
Vitamin K (phylloquinone)		0.0		U	KKI	0		0.0		
Dihydrophylloquinone	µy									

	Amount in	100 gram s	of edi	ble portion	<u>.</u>	Amount in edible portion of common		
		Num bei	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated	0.000	0	RKI	6		0.000		
4:0g	0.000	0	RKI	6		0.000		
6:0g	0.000	0	RKI	6		0.000		
8:0g	0.000	0	RKI	6		0.000		
10:0g	0.000	0	RKI	6		0.000		
12:0g	0.000	0	RKI	6		0.000		
13:0g								
14:0g	0.000	0	RKI	6		0.000		
15:0g								
16:0g	0.000	0	RKI	6		0.000		
17:0g								
18:0g	0.000	0	RKI	6		0.000		
20:0g								
22:0g								
24:0g				_				
Fatty acids, total monounsaturatedg	0.000	0	RKI	6		0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	RKI	6		0.000		
17:1g		_		_				
18:1 undifferentiatedg	0.000	0	RKI	6		0.000		
20:1g	0.000	0	RKI	6		0.000		
22:1 undifferentiatedg	0.000	0	RKI	6		0.000		
24:1 cg		_		_				
Fatty acids, total polyunsaturatedg	0.000	0	RKI	6		0.000		
18:2 undifferentiatedg	0.000	0	RKI	6		0.000		
18:3 undifferentiatedg	0.000	0	RKI	6		0.000		
18:4g	0.000	0	RKI	6		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	•		_				
20:4 undifferentiated	0.000	0	RKI	6		0.000		
20:5 n-3 (EPA)g	0.000	0	RKI	6		0.000		
21:5g								
22:4g		•		_				
22:5 n-3 (DPA)g	0.000	0	RKI	6		0.000		
22:6 n-3 (DHA)g	0.000	0	RKI	6		0.000		
Fatty acids, total transg	•	•		_		•		
Cholesterolmg	0	0	RKI	6		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	RKI	6		0.0		
Caffeinemg	0	0	RKI	6		0		
Theobrominemg	0	0	RKI	6		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Proximates: Water. Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch Minerals: Calcium, Ca Iron, Fe	g kJ g g g g g	11.84 352 1474 0.08 0.00 0.11 87.97 0.0 68.18	Number of Data rror Points	Deriv	4 4 4 4	Confidence Code	5.21 155 649	easures of foo	_
Proximates: Water	g kJ g g g g g	11.84 352 1474 0.08 0.00 0.11 87.97 0.0	of Data rror Points 0 0 0 0 0 0 0 0 0 0	PLC NC FLC LC	4 4 4 4		5.21 155 649	Measure 2	Measure :
Proximates: Water	g kJ g g g g g	11.84 352 1474 0.08 0.00 0.11 87.97 0.0	0 0 0 0 0	FLC NC NC FLC	4 4 4 4		5.21 155 649	Measure 2	Measure 3
Proximates: Water	g kJ g g g g g	11.84 352 1474 0.08 0.00 0.11 87.97 0.0	0 0 0 0 0	FLC NC NC FLC LC	4 4 4		5.21 155 649	Measure 2	Weasure
Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary. Sugars, total Starch Minerals: Calcium, Ca Iron, Fe	kcal kJ g g g g g g g	352 1474 0.08 0.00 0.11 87.97 0.0	0 0 0 0 0	NC NC FLC LC	4 4 4		155 649		
Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe	kcal kJ g g g g g g g	352 1474 0.08 0.00 0.11 87.97 0.0	0 0 0 0 0	NC NC FLC LC	4 4 4		155 649		
Energy	kJ g g g g g	1474 0.08 0.00 0.11 87.97 0.0	0 0 0 0 0	NC FLC LC	4 4		649		
Protein	9 9 9 9 9	0.08 0.00 0.11 87.97 0.0	0 0 0	FLC LC	4				
Total lipid (fat)	g g g	0.00 0.11 87.97 0.0	0 0	LC					
Ash	g g g	0.11 87.97 0.0	0				0.03		
Carbohydrate, by difference	g g g	87.97 0.0	0	FLC	8		0.00		
Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe	g g	0.0	-		4		0.05		
Sugars, total	g		0	NC	4		38.71		
Starch		68.18		LC	8		0.0		
Minerals: Calcium, Ca Iron, Fe	g		0	LC	8		30.00		
Calcium, Ca									
Calcium, Ca									
Iron, Fe	ma	0	0	LC	8		0		
	-	0.00	0	LC	8		0.00		
Magnesium, Mg		1	0	FLC	4		1		
Phosphorus, P		3	0	FLC	4		2		
Potassium, K	mg	8	0	FLC	4		4		
Sodium, Na	mg	23	0	LC	8		10		
Zinc, Zn	_. mg	0.19	0	FLC	4		0.08		
Copper, Cu	mg	0.015	0	FLC	4		0.007		
Manganese, Mn		0.014	0	FLC	4		0.006		
Selenium, Se	µg	1.1	0	FLC	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid	mg	136.4	0	LC	8		60.0		
Thiamin	mg	0.025	0	FLC	4		0.011		
Riboflavin	mg	0.008	0	FLC	4		0.003		
Niacin	mg	0.008	0	FLC	4		0.003		
Pantothenic acid	mg	0.006	0	FLC	4		0.002		
Vitamin B-6	mg	0.001	0	FLC	4		0.001		
Folate, total	µg	1	0	FLC	4		1		
Folic acid	µg	0	0	FLC	4		0		
Folate, food	µg	1	0	FLC	4		1		
Folate, DFE	µg	1	0	NC	4		1		
Choline, total	-	0.3	0	FLC	4		0.1		
Betaine		0.0	0	FLC	4		0.0		
Vitamin B-12		0.00	0	FLC	4		0.00		
Vitamin B-12, added		0.00	0	FLC	4		0.00		
Vitamin A, RAE		0	0	NC	4		0		
Retinol		0 1	0	FLC	4		0		
Carotene, beta		0	0	FLC	4		0		
Carotene, alpha		3	0	FLC FLC	4 4		1		
Cryptoxanthin, beta		3	0	NC	4		1		
Vitamin A, IU		0	0	FLC	4		0		
LycopeneLutein + zeaxanthin		3	0	FLC	4		1		
Vitamin E (alpha-tocopherol) (1)		0.00	0	NR	4		0.00		
Vitamin E (alpha-tocopheror) (1)	-	0.00	0	NR	4		0.00		
Tocopherol, beta		0.00	· ·	1111	•		0.00		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	FLC	4		0.0		
Vitamin D		0	0	FLC	4		0		
Vitamin K (phylloquinone)	. µg	0.0	0	FLC	4		0.0		
Dihydrophylloquinone	µg	0.0	0	FLC	4		0.0		

	Amount in	100 grams	of edi		Amount in edible portion of common			
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	LC	8		0.000		
4:0g	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g								
14:0g	0.000	0	FLC	4		0.000		
15:0g								
16:0g	0.000	0	NR	4		0.000		
17:0g								
18:0g	0.000	0	NR	4		0.000		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	NR	4		0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	FLC	4		0.000		
17:1g		_		_				
18:1 undifferentiatedg	0.000	0	NR	4		0.000		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0						
Fatty acids, total polyunsaturatedg	0.000		NR	4		0.000		
18:2 undifferentiated	0.000	0	NR	4		0.000		
18:3 undifferentiatedg	0.000	0	NR	4		0.000		
18:4g	0.000	Ü	FLC	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0		4		0.000		
20:4 undifferentiated	0.000	0	FLC FLC	4 4		0.000		
20:5 n-3 (EPA)g	0.000	U	FLC	4		0.000		
21:5g								
22:4g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g	0.000	0	FLC	4				
22:6 n-3 (DHA)	0.000	0	LC	8		0.000		
Fatty acids, total transg	0.000	0	FLC	8 4				
Cholesterolmg	U	U	4TC	*		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	NR	4		0.0		
Caffeinemg	0	0	NR	4		0		
Theobrominemg	0	0	NR	4		0		

Common Measures:

Measure 1 = 44g: 1 serving

Footnotes:

1 Some candies contain added Vitamin E. If vitamin E is added at 25% DV per serving then Vitamin E= 8.4mg/100gm.,

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amo	ount in 10	u gram s	or ear	bie portio	<u>on</u>		dible portion	
				Number				<u>m</u>	easures of fo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.82		0	RC	4		1.56	96.05	
Energy	kcal	453		0	RC	4		91	5562	
Energy	kJ	1893		0	RC	4		379	23270	
Protein (N x 0)	g	2.26		0	RC	4		0.45	27.78	
Total lipid (fat)	g	17.48		0	RC	4		3.50	214.85	
Ash	g	0.76		0	RC	4		0.15	9.34	
Carbohydrate, by difference	g	71.34		0	RC	4		14.27	876.73	
Fiber, total dietary	g	1.7		0	RC	4		0.3	20.9	
Sugars, total	g	64.06		0	RC	4		12.81	787.31	
Starch										
Minanala	_									
Minerals:	m ~	45		^	5.0	4		•	F.F.	
Calcium, Ca	_	45		0	RC	4		9	555	
Iron, Fe		0.96 36		0	RC RC	4 4		0.19 7	11.77 448	
Magnesium, Mg		67		0	RC	4		13	820	
Phosphorus, P Potassium, K		147		0	RC	4		29	1807	
Sodium, Na	_	85		0	RC	4		17	1040	
Zinc, Zn	_	0.58		0	RC	4		0.12	7.07	
Copper, Cu	_	0.21	7	0	RC	4		0.043	2.662	
Manganese, Mn		0.23		0	RC	4		0.046	2.845	
Selenium. Se		2.1	_	0	RC	4		0.4	26.0	
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.2	_	0	RC	4		0.0	2.9	
Thiamin		0.02		0	RC	4		0.004	0.273	
Riboflavin	_	0.07		0	RC	4		0.015	0.946	
Niacin	_	0.16		0	RC	4		0.033	2.008	
Pantothenic acid	_	0.12		0	RC	4 4		0.024	1.498	
Vitamin B-6	_	0.01 ⁹	,	0	RC RC	4		0.003 1	0.208	
Folate, total		0		0	RC	4		0	6 4 0	
Folic acid	· -	5		0	RC	4		1	64	
Folate, food		5		0	NC NC	4		1	64	
Folate, DFE		5		U	NC	*		1	04	
Choline, total	_									
Vitamin B-12	_	0.03		0	RC	4		0.01	0.37	
Vitamin B-12, added	· -	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE		75		0	NC	4		15	920	
Retinol		73		n	RC	4		15	903	
Carotene, beta		17		0	RC	4		3	207	
Carotene, alpha		0		0	RC	4		0	0	
Cryptoxanthin, beta		0		0	RC	4		0	0	
Vitamin A, IU		273		0	NC	4		55	3355	
Lycopene		0		0	RC	4		0	0	
Lutein + zeaxanthin		5		0	RC	4		1	65	
Vitamin E (alpha-tocopherol)		0.32		0	RC	4		0.06	3.90	
Vitamin E, added		0.00		0	RC	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)		2.3		0	RC	4		0.5	28.8	
Dihydrophylloquinone	µg									
Menaquinone-4	pg									

	Am	ount in 10	0 gram s	of edi	ble portio	<u>n</u>	Amount in a	dible portion o	of common
			Nium bar					easures of foo	
			Number of Data		Source (Confidence	<u></u>	000010001100	<u>~</u>
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated			0	RC RC	4 4		2.134 0.068	131.123	
4:0 6:0	-		0	RC	4		0.043	4.166 2.612	
8:0	=		0	RC	4		0.025	1.509	
10:0	g 0.2	50	0	RC	4		0.052	3.199	
12:0			0	RC	4		0.054	3.348	
13:0 14:0			0	RC RC	4 4		0.000 0.165	0.000 10.112	
15:0	=		0	RC	4		0.000	0.000	
16:0	•		0	RC	4		0.895	55.023	
17:0	g 0.0	58	0	RC	4		0.014	0.840	
18:0	0		0	RC	4		0.791	48.602	
20:0	•		0	RC	4		0.018	1.103	
22:0 24:0	•		0	RC RC	4 4		0.001	0.086	
Fatty acids, total monounsaturated	-		0	RC	4		0.000 1.041	0.000 63.966	
14:1	-		0	RC	4		0.000	0.000	
15:1	=	00	0	RC	4		0.000	0.000	
16:1 undifferentiated	g 0.1	32	0	RC	4		0.026	1.621	
16:1 c		94	0	RC	4		0.019	1.151	
16:1 t	=	20	•	20			0.000	0.000	
17:1	=		0	RC RC	4 4		0.000 1.011	0.000 62.110	
18:1 c	0		0	RC	4		0.331	20.339	
18:1 t	=		0	RC	4		0.058	3.573	
18:1-11 t (18:1t n-7)	g								
20:1			0	RC	4		0.002	0.120	
22:1 undifferentiated			0	RC	4		0.000	0.000	
24:1 c			0	RC RC	4 4		0.000 0.122	0.000	
Fatty acids, total polyunsaturated			0	RC	4		0.110	7.505 6.765	
18:2 n-6 c,c	0		0	RC	4		0.042	2.594	
18:2 CLAs	=	26	0	RC	4		0.005	0.320	
18:2 t,t									
18:2 i	=	29	0	RC	4		0.006	0.355	
18:2 t not further defined	-	-0	0	RC	4		0.012	0.738	
18:3 n-3 c,c,c (ALA)			0	RC	4		0.006	0.738	
18:3 n-6 c,c,c	g								
18:3i	g								
18:4	-		0	RC	4		0.000	0.000	
20:2 n-6 c,c			0	RC RC	4 4		0.000	0.000	
20:3 undifferentiated	=	JU	U	RC	4		0.000	0.000	
20:3 n-6	=								
20:4 undifferentiated	-	00	0	RC	4		0.000	0.002	
20:4 n-6	•								
20:5 n-3 (EPA)		00	0	RC	4		0.000	0.000	
21:5 22:4	=								
22:5 n-3 (DPA)	-	00	0	RC	4		0.000	0.000	
22:6 n-3 (DHA)	•		0	RC	4		0.000	0.000	
Fatty acids, total trans		20	0	RC	4		0.064	3.927	
Fatty acids, total trans-monoenoic			0	RC	4		0.058	3.573	
Fatty acids, total trans-polyenoic		29	0	RC	4		0.006	0.355	
CholesterolPhytosterols	=		0	RC	4		5	303	
Others:	ສ								
Alcohol, ethyl	g								
Caffeine	mg 18		0	RC	4		4	218	
Theobromine	mg 139		0	RC	4		28	1708	

NDB No. 19379

Candies, fudge, chocolate marshmallow, prepared-from-recipe

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 piece

Measure 2 = 1229g: 1 recipe yield (60 pieces)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 10	u gram s	or ear	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nutricitis and on	11.3	Wican	ota. E i oi					weasure r	Wedsuic 2	Measure	
Proximates:											
Water	g	7.12	2	0	RC	4		2.02			
Energy	kcal	474		0	NC	4		134			
Energy	kJ	1982		0	NC	4		562			
Protein		3.24	4	0	RC	4		0.92			
Total lipid (fat)	g	21.11	L	0	RC	4		5.99			
Ash		0.84	4	0	RC	4		0.24			
Carbohydrate, by difference	g	67.69	9	0	NC	4		19.19			
Fiber, total dietary		2.1		0	RC	4		0.6			
Sugars, total											
Starch											
Staten	9										
Minerals:											
Calcium, Ca	-	49		0	RC	4		14			
Iron, Fe		1.11	1	0	RC	4		0.31			
Magnesium, Mg	mg	46		0	RC	4		13			
Phosphorus, P	<u>m</u> g	88		0	RC	4		25			
Potassium, K	-	170		0	RC	4		48			
Sodium, Na	-	79		0	RC	4		22			
Zinc, Zn	<u>mg</u>	0.76		0	RC	4		0.22			
Copper, Cu		0.31		0	RC	4		0.091			
Manganese, Mn	-	0.47	70	0	RC	4		0.133			
Selenium, Se	µg	2.3		0	RC	4		0.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.3		0	RC	4		0.1			
Thiamin	-	0.04	12	0	RC	4		0.012			
Riboflavin	-	0.08		0	RC	4		0.023			
Niacin	-	0.23		0	RC	4		0.066			
Pantothenic acid	-	0.15		0	RC	4		0.044			
Vitamin B-6	-	0.05		0	RC	4		0.015			
Folate, total	-	11		0	RC	4		3			
Folic acid		0		0	RC	4		0			
Folate, food		11		0	RC	4		3			
Folate, DFE		11		0	NC	4		3			
Choline, total				·		-		3			
Betaine											
Vitamin B-12	-	0.03	3	0	RC	4		0.01			
Vitamin B-12, added		0.00		0	RC	4		0.00			
Vitamin A, RAE		68	•	0	NC	4		19			
Retinol		68		0	RC	4		19			
Carotene, beta		00		·		-					
Carotene, alpha											
Cryptoxanthin, beta		0		0	RC	4		0			
Vitamin A, IU		228		0	NC	4		65			
Lycopene		0		0	RC	4		0			
Lutein + zeaxanthin		6		0	RC	4		2			
Vitamin E (alpha-tocopherol)		0.59	9	0	RC	4		0.17			
Vitamin E, added		0.00		0	RC	4		0.00			
Tocopherol, beta		0.00	•	Ū	I.C	-		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)		2.4		0	RC	4		0.7			
Dihydrophylloquinone				•		-					
Menaquinone-4											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 10.378 RC 2.942 4:0.....g 0.315 0 RC 4 0.089 6:0.....g 0.198 RC 0.056 0.114 0 RC 8:0.....g 4 0.032 10:0.....g 0.242 0 RC 4 0.069 0.253 0 RC 0.072 12:0.....g 0.000 0 RC 0.000 13:0.....g 0 RC 14:0.....g 0.765 4 0.217 15:0.....g 0.000 0 RC 0.000 RC 4.492 0 16:0.....g 1.273 17:0.....g 0.064 0 RC 0.018 0 RC 4 3.801 18:0.....g 1.078 0.088 0 RC 4 20:0.....g 0.025 0.006 0 RC 0.002 22:0.....g 4 0.000 0 RC 4 24:0.....g 0.000 Fatty acids, total monounsaturated......g 5.506 0 RC 4 1,561 14:1.....g 0.000 0 RC 4 0.000 0.000 0 RC 0.000 4 16:1 undifferentiated......g 0.123 0 RC 4 0.035 0.087 0 RC 4 0.025 16:1 c.....g 16:1 t.....g 0.000 0 RC 0.000 17:1......a 4 18:1 undifferentiated...........g 5.355 0 RC 4 1.518 0 0.436 1.539 RC 4 18:1 c.....g 0.270 0 RC 4 0.077 18:1 t......g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.019 0 RC 4 0.005 0.000 0 RC 0.000 22:1 undifferentiated......g 0.000 0 RC 4 0.000 4.081 RC 1.157 Fatty acids, total polyunsaturated......g RC 18:2 undifferentiated.....g 3.349 0 4 0.949 0.196 0 RC 0.056 18:2 n-6 c,c.....g 18:2 CLAs.....g 0.024 0 RC 4 0.007 18:2 t.t.....g 0.027 0 18:2 i.....g RC 4 0.008 18:2 t not further defined.....g 0.732 0 RC 0.208 18:3 undifferentiated......g 0.029 RC 18:3 n-3 c,c,c (ALA)......g 0 4 0.008 18:3i.....g 0.000 0 RC 4 0.000 18:4.....g 20:2 n-6 c,c....g 0.000 0 RC 4 0.000 20:3 undifferentiated......g 0.000 0 RC 4 0.000 20:3 n-3.....g 20:3 n-6......g 0.000 0 0.000 20:4 undifferentiated.....g RC 4 20:4 n-6.....g 0.000 0 RC 4 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 RC 0.000 0.000 RC 0.000 22:6 n-3 (DHA)......g 0 Fatty acids, total trans......g 0.297 0 RC 4 0.084 0.270 0 RC 4 0.077 Fatty acids, total trans-monoenoic......g Fatty acids, total trans-polyenoic.......g 0.027 0 RC 4 0.008 Cholesterol....mg 23 RC 4 Phytosterols.....mg Others: 0.0 0 z 7 0.0 Alcohol, ethyl......g 0 RC 4 Caffeine....mg 16 5 129 0 RC 4 37 Theobromine....mg

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Carbohydrate

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat

Food Group: 19 Sweets

Refuse:0%

		AII	ount in 10	o grams	or edi	bie portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of fo	od	
						Source	Confidence				
Nutrients and Un	ito	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nutrients and on	iits	Wean	Sta. E 101	1 011113	Oouc		Oouc	weasure i	WedSure 2	Weasure	
Proximates:											
Water	g	9.8	1	0	RC	4		1.67			
Energy		411		0	RC	4		70			
Energy		1719		0	RC	4		292			
Protein (N x 0)		2.3	9	0	RC	4		0.41			
Total lipid (fat)	-	10.4	1	0	RC	4		1.77			
Ash		0.7		0	RC	4		0.12			
Carbohydrate, by difference		76.4		0	RC	4		13.00			
Fiber, total dietary		1.7		0	RC	4		0.3			
Sugars, total		73.1		0	RC	4		12.43			
Starch			_	•	-1.0	-					
Starcii	9										
Minerals:											
Calcium, Ca	<u>m</u> g	49		0	RC	4		8			
Iron, Fe	-	1.7	7	0	RC	4		0.30			
Magnesium, Mg	mg	36		0	RC	4		6			
Phosphorus, P		71		0	RC	4		12			
Potassium, K	_	134		0	RC	4		23			
Sodium, Na	-	45		0	RC	4		8			
Zinc, Zn	-	1.1		0	RC	4		0.19			
Copper, Cu		0.3		0	RC	4		0.056			
Manganese, Mn		0.4		0	RC	4		0.072			
Selenium, Se	µg	2.5		0	RC	4		0.4			
Vitamins:											
Vitamin C, total ascorbic acid	mq	0.0		0	RC	4		0.0			
Thiamin	_	0.0		0	RC	4		0.004			
Riboflavin		0.0		0	RC	4		0.014			
Niacin	-	0.1		0	RC	4		0.030			
Pantothenic acid	-	0.1		0	RC	4		0.024			
Vitamin B-6	_	0.0		0	RC	4		0.002			
Folate, total	-	4		0	RC	4		1			
Folic acid		0		0	RC	4		0			
Folate, food		4		0	RC	4		1			
Folate, DFE		4		0	NC	4		1			
Choline, total		10.0		0	0	4		1.7			
Betaine	-										
Vitamin B-12		0.0	9	0	RC	4		0.01			
Vitamin B-12, added		0.0	0	0	RC	4		0.00			
Vitamin A, RAE		44		0	NC	4		7			
Retinol		43		0	RC	4		7			
Carotene, beta		10		0	RC	4		2			
Carotene, alpha		0		0	RC	4		0			
Cryptoxanthin, beta		0		0	RC	4		0			
Vitamin A, IU		159		0	RC	4		27			
Lycopene		0		0	RC	4		0			
Lutein + zeaxanthin		4		0	RC	4		1			
Vitamin E (alpha-tocopherol)		0.1	8	0	RC	4		0.03			
Vitamin E, added		0.0		0	RC	4		0.00			
Tocopherol, beta				-	-						
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0			
Vitamin D		0		0	Z	7		0			
Vitamin K (phylloquinone)		1.4		0	RC	4		0.2			
Dihydrophylloquinone											
Menaquinone-4											

	<u>Amount i</u>	n 100 grams	Amount in edible portion of common measures of food					
		Numbe	r			<u>m</u>	easures of for	<u> </u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	6.448	0	RC	4		1.096		
4:0g	0.187	0	RC	4		0.032		
6:0g	0.125	0	RC	4		0.032		
	0.125	0	RC	4		0.021		
8:0g	0.084	0	RC	4		0.014		
10:0g	0.155	0	RC	4				
12:0g	0.155	0	RC	4		0.026		
13:0g	0.000	0	RC	4		0.000		
14:0g		_				0.081		
15:0g	0.000	0	RC	4		0.000		
16:0g	2.703	-	RC	4		0.460		
17:0g	0.038	0	RC	4		0.007		
18:0g	2.459	0	RC	4		0.418		
20:0g	0.063	0	RC	4		0.011		
22:0g	0.005	0	RC	4		0.001		
24:0g	0.000	0	RC	4		0.000		
Fatty acids, total monounsaturatedg	2.943	0	RC	4		0.500		
14:1g	0.000	0	RC	4		0.000		
15:1g	0.000	0	RC	4		0.000		
16:1 undifferentiatedg	0.058	0	RC	4		0.010		
17:1g	0.000	0	RC	4		0.000		
18:1 undifferentiatedg	2.882	0	RC	4		0.490		
20:1g	0.005	0	RC	4		0.001		
22:1 undifferentiated	0.000	0	RC	4		0.000		
24:1 cg	0.000	0	RC	4		0.000		
Fatty acids, total polyunsaturated	0.373	0	RC	4		0.063		
18:2 undifferentiated	0.321	0	RC	4		0.055		
18:3 undifferentiatedg	0.052	0	RC	4		0.009		
18:4g	0.000	0	RC	4		0.000		
20:2 n-6 c,cg	0.000	0	RC	4		0.000		
20:3 undifferentiatedg	0.000	0	RC	4		0.000		
20:4 undifferentiatedg	0.000	0	RC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	RC	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	RC	4		0.000		
Fatty acids, total transg	0.165	0	RC	4		0.028		
Fatty acids, total trans-monoenoicg								
Fatty acids, total trans-polyenoicg								
Cholesterolmg	14	0	RC	4		2		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	8	0	RC	4		1		
Theobrominemg	130	0	RC	4		22		

Common Measures:

Measure 1 = 17g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amount in	100 grains	or eur	bic portio	<u>'111</u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of fo	od	
					Source (Confidence				
Nutrients and Ur	vite	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and Or	iits	Weari Std. E	101 1011113	Oouc	Oouc	Oouc	weasure i	Weasure 2	weasure 3	
Proximates:										
Water	g	7.66	0	RC	4		2.17			
Energy	kcal	461	0	RC	4		131			
Energy	kJ	1929	0	RC	4		547			
Protein	g	4.38	0	RC	4		1.24			
Total lipid (fat)	g	18.93	0	RC	4		5.37			
Ash	g	0.87	0	RC	4		0.25			
Carbohydrate, by difference	g	67.93	0	RC	4		19.26			
Fiber, total dietary	g	2.5	0	RC	4		0.7			
Sugars, total	g	63.37	0	RC	4		17.97			
Starch	g									
Min and a										
Minerals:			•		4		1.5			
Calcium, Ca		57	0	RC	4		16			
Iron, Fe		1.97 55	0	RC RC	4 4		0.56 16			
Magnesium, Mg Phosphorus, P		55 114	0	RC RC	4		32			
Priospriorus, P		183	0	RC	4		52 52			
Sodium, Na	_	39	0	RC	4		11			
Zinc, Zn	-	1.43	0	RC	4		0.40			
Copper, Cu	-	0.526	0	RC	4		0.149			
Manganese, Mn		0.885	0	RC	4		0.251			
Selenium, Se	µg	2.9	0	RC	4		0.8			
Vitamina										
<u>Vitamins:</u>	ma	0.0	0	D.C.	4		0.0			
Vitamin C, total ascorbic acid	-	0.2 0.067	0	RC RC	4 4		0.0 0.019			
ThiaminRiboflavin	-	0.095	0	RC	4		0.013			
Niacin	-	0.315	0	RC	4		0.027			
Pantothenic acid	-	0.208	0	RC	4		0.059			
Vitamin B-6	_	0.088	0	RC	4		0.025			
Folate, total	-	16	0	RC	4		4			
Folic acid		0	0	RC	4		0			
Folate, food		16	0	RC	4		4			
Folate, DFE		16	0	NC	4		4			
Choline, total		14.6	0	0	4		4.1			
Betaine	mg									
Vitamin B-12	µg	0.07	0	RC	4		0.02			
Vitamin B-12, added	µg	0.00	0	RC	4		0.00			
Vitamin A, RAE	µg	38	0	NC	4		11			
Retinol	µg	37	0	RC	4		10			
Carotene, beta		10	0	RC	4		3			
Carotene, alpha		0	0	RC	4		0			
Cryptoxanthin, beta		0	0	RC	4		0			
Vitamin A, IU		140	0	NC	4		40			
Lycopene		0	0	RC	4		0			
Lutein + zeaxanthin		5	0	RC	4		1			
Vitamin E (alpha-tocopherol)		0.26	0	RC	4		0.07			
Vitamin E, added		0.00	0	RC	4		0.00			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, gamma										
Vitamin D (D2 + D3)		0.0	0	z	7		0.0			
Vitamin D		0	0	Z	7		0.0			
Vitamin K (phylloquinone)		1.6	0	RC	4		0.5			
Dihydrophylloquinone			ŭ		-		***			
Menaquinone-4										

	Amount in	100 grams		Amount in edible portion of common measures of food				
			=	0				
Nutrients and Units	Mean Std. Er	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
T:-:1.								
Lipids:	6.489	0	RC	4		1.840		
Fatty acids, total saturated	0.161	0	RC	4		0.046		
6:0g	0.101	0	RC	4		0.031		
8:0g	0.072	0	RC	4		0.031		
10:0g	0.131	0	RC	4		0.037		
12:0g	0.134	0	RC	4		0.038		
13:0g	0.000	0	RC	4		0.000		
14:0	0.409	0	RC	4		0.116		
15:0g	0.000	0	RC	4		0.000		
16:0g	3.001	0	RC	4		0.851		
17:0g	0.033	0	RC	4		0.009		
18:0g	2.371	0	RC	4		0.672		
20:0g	0.064	0	RC	4		0.018		
22:0g	0.004	0	RC	4		0.001		
24:0g	0.000	0	RC	4		0.000		
Fatty acids, total monounsaturatedg	3.900	0	RC	4		1.106		
14:1g	0.000	0	RC	4		0.000		
15:1g	0.000	0	RC	4		0.000		
16:1 undifferentiatedg	0.050	0	RC	4		0.014		
17:1g	0.000	0	RC	4		0.000		
18:1 undifferentiatedg	3.827	0	RC	4		1.085		
20:1g	0.025	0	RC	4		0.007		
22:1 undifferentiatedg	0.000	0	RC	4		0.000		
24:1 cg	0.000	0	RC	4		0.000		
Fatty acids, total polyunsaturatedg	7.529	0	RC RC	4 4		2.135		
18:2 undifferentiated	6.097 1.432	0	RC	4		1.728		
18:3 undifferentiated	0.000	0	RC	4		0.406 0.000		
20:2 n-6 c.cg	0.000	0	RC	4		0.000		
20:3 undifferentiatedg	0.000	0	RC	4		0.000		
20:4 undifferentiatedg	0.000	0	RC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	RC	4		0.000		
21:5g	0.000	· ·		-		0.000		
22:4g	0.000	0	RC	4		0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000	0	RC	4		0.000		
Fatty acids, total trans	0.142	0	RC	4		0.040		
Cholesterolg	12	0	RC	4		3		
Phytosterolsmg		ŭ		•		3		
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	7	0	RC	4		2		
Theobrominemg	112	0	RC	4		32		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	ot edi	oie portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	10.9	3	0	RC	4		1.75			
Energy	kcal	387		0	RC	4		62			
Energy	kJ	1620		0	RC	4		259			
Protein (N x 0)	g	3.7	8	0	RC	4		0.60			
Total lipid (fat)	g	6.5	9	0	RC	4		1.05			
Ash	g	0.7	1	0	RC	4		0.11			
Carbohydrate, by difference	g	77.7	5	0	RC	4		12.44			
Fiber, total dietary	g	0.7		0	RC	4		0.1			
Sugars, total	g	73.3	6	0	RC	4		11.74			
Starch											
	_										
Minerals:				_		_		_			
Calcium, Ca	_	42	_	0	RC	4		7			
Iron, Fe		0.2	4	0	RC	4		0.04			
Magnesium, Mg		20		0	RC	4		3			
Phosphorus, P		68		0	RC	4		11			
Potassium, K	_	119 118		0	RC RC	4 4		19 19			
Sodium, NaZinc, Zn	_	0.4	•	0	RC	4		0.08			
*	_	0.4		0	RC	4		0.009			
Copper, Cu		0.0		0	RC	4		0.009			
Selenium. Se	_	2.2		0	RC	4		0.4			
Selemum, Se	μ9	2.2		U	RC	-		0.4			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0			
Thiamin	_	0.0	22	0	RC	4		0.004			
Riboflavin	mg	0.0	82	0	RC	4		0.013			
Niacin	mg	1.4	39	0	RC	4		0.230			
Pantothenic acid	_	0.2	31	0	RC	4		0.037			
Vitamin B-6	mg	0.0	66	0	RC	4		0.010			
Folate, total	µg	9		0	RC	4		1			
Folic acid	µg	0		0	RC	4		0			
Folate, food	µg	9		0	RC	4		1			
Folate, DFE	µg	9		0	NC	4		1			
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.1		0	NR	4		0.02			
Vitamin B-12, added		0.0	0	0	RC	4		0.00			
Vitamin A, RAE		9		0	RC	4		1			
Retinol		9		0	RC	4		1			
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		32		0	RC	4		5			
Lycopene											
Lutein + zeaxanthin			_								
Vitamin E (alpha-tocopherol)		1.0		0	RC	4		0.16			
Vitamin E, added		0.0	0	0	RC	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D		^ -		_							
Vitamin K (phylloquinone)		0.1		0	RC	4		0.0			
Dihydrophylloquinone											
Menaquinone-4	µg										

		Am	ount in 10	0 grams	Amount in edible portion of common					
				Num bei	•			<u>m</u>	easures of foo	<u>od</u>
						Source (Confidence			
Nutrients and U	Inits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	1.7	21	0	RC	4		0.275		
4:0	g	0.0	23	0	RC	4		0.004		
6:0	g	0.0	23	0	RC	4		0.004		
8:0	g	0.0	23	0	RC	4		0.004		
10:0	g	0.0	23	0	RC	4		0.004		
12:0	g	0.0	38	0	RC	4		0.006		
13:0	g	0.0	00	0	RC	4		0.000		
14:0	g	0.1	17	0	RC	4		0.019		
15:0	g	0.0	00	0	RC	4		0.000		
16:0	g	0.8	97	0	RC	4		0.143		
17:0	g	0.0	00	0	RC	4		0.000		
18:0	g	0.3	07	0	RC	4		0.049		
20:0	g	0.0	68	0	RC	4		0.011		
22:0	g	0.1	51	0	RC	4		0.024		
24:0	g	0.0	49	0	RC	4		0.008		
Fatty acids, total monounsaturated	ig	2.8	67	0	RC	4		0.459		
14:1		0.0	00	0	RC	4		0.000		
15:1										
16:1 undifferentiated		0.0	00	0	RC	4		0.000		
17:1	-									
18:1 undifferentiated		2.8	05	0	RC	4		0.449		
20:1	_	0.0	62	0	RC	4		0.010		
22:1 undifferentiated		0.0	00	0	RC	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated.	-	1.5	88	0	RC	4		0.254		
18:2 undifferentiated		1.5		0	RC	4		0.249		
18:3 undifferentiated	-	0.0		0	RC	4		0.005		
18:4		0.0		0	RC	4		0.000		
20:2 n-6 c.c				_		_				
20:3 undifferentiated										
20:4 undifferentiated		0.0	00	0	RC	4		0.000		
20:5 n-3 (EPA)		0.0		0	RC	4		0.000		
21:5		• • • • • • • • • • • • • • • • • • • •		•	0	-		0.000		
22:4	•									
22:5 n-3 (DPA)	-	0.0	00	0	RC	4		0.000		
22:6 n-3 (DHA)	_	0.0		0	RC	4		0.000		
Fatty acids, total trans		0.0		ŭ	1.0	•		0.000		
Cholesterol		3		0	RC	4		1		
Phytosterols		J		ŭ	1.0	•		-		
	9									
Others:	a									
Alcohol, ethyl	-	0		0	RC	4		0		
Caffeine		0		0	RC RC	4		0		
Theobromine	9	U		U	RC	4		U		

Common Measures:

Measure 1 = 16g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ount</u>	in 100 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Num bei	r			m	easures of fo	od od	
					Source (Confidence				
Nutrients and Ur	nits	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	0	7.99	0	RC	4		2.26			
Energy		435	0	NC NC	4		123			
		1819	0	NC	4		516			
Energy			0	RC	4		0.85			
Protein		3.00	0							
Total lipid (fat)	-	13.69	0	RC	4		3.88			
Ash		0.54	-	RC	4		0.15			
Carbohydrate, by difference		74.61	0	RC	4		21.15			
Fiber, total dietary		0.9	0	RC	4		0.3			
Sugars, total		71.00	0	RC	4		20.13			
Starch	g									
Minerals:										
Calcium, Ca	<u>m</u> g	47	0	RC	4		13			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.41	0	RC	4		0.12			
Magnesium, Mg		24	0	RC	4		7			
Phosphorus, P		73	0	RC	4		21			
Potassium, K		103	0	RC	4		29			
Sodium, Na	_	42	0	RC	4		12			
Zinc, Zn	_	0.56	0	RC	4		0.16			
Copper, Cu		0.219	0	RC	4		0.062			
Manganese, Mn	_	0.466	0	RC	4		0.132			
Selenium, Se	µg	2.2	0	RC	4		0.6			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0	RC	4		0.0			
Thiamin	mg	0.051	0	RC	4		0.015			
Riboflavin	mg	0.085	0	RC	4		0.024			
Niacin	mg	0.179	0	RC	4		0.051			
Pantothenic acid	mg	0.183	0	RC	4		0.052			
Vitamin B-6	mg	0.077	0	RC	4		0.022			
Folate, total	µg	12	0	RC	4		3			
Folic acid	µg	0	0	RC	4		0			
Folate, food	µg	12	0	RC	4		3			
Folate, DFE	µg	12	0	NC	4		3			
Choline, total	mg	10.0	0	0	4		2.8			
Betaine	mg									
Vitamin B-12	µg	0.07	0	RC	4		0.02			
Vitamin B-12, added	µg	0.00	0	RC	4		0.00			
Vitamin A, RAE	µg	41	0	NC	4		12			
Retinol	µg	40	0	RC	4		11			
Carotene, beta		11	0	RC	4		3			
Carotene, alpha		0	0	RC	4		0			
Cryptoxanthin, beta		0	0	RC	4		0			
Vitamin A, IU		151	0	NC	4		43			
Lycopene		0	0	RC	4		0			
Lutein + zeaxanthin		1	0	RC	4		0			
Vitamin E (alpha-tocopherol)		0.22	0	RC	4		0.06			
Vitamin E, added	mg	0.00	0	RC	4		0.00			
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta	_									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		• •	_	_	_		<u> </u>			
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D		0	0	Z	7		0			
Vitamin K (phylloquinone)		0.8	0	RC	4		0.2			
Dihydrophylloquinone										
Menaquinone-4	µg									

	Amount in	_		Amount in edible portion of common measures of food			
			Deriv	Source Confider	_	<u> </u>	<u>50</u>
Nutrients and Units	Mean Std. Eri	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturatedg	3.828	0	RC	4	1.085		
4:0g	0.176	0	RC	4	0.050		
6:0g	0.117	0	RC	4	0.033		
8:0g	0.078	0	RC	4	0.022		
10:0g	0.143	0	RC	4	0.040		
12:0g	0.146	0	RC	4	0.041		
13:0g	0.000	0	RC	4	0.000		
14:0g	0.441	0	RC	4	0.125		
15:0g	0.000	0	RC	4	0.000		
16:0	1.875	0	RC	4	0.532		
17:0g	0.027	0	RC	4	0.008		
18:0	0.809	0	RC	4	0.229		
20:0g	0.015	0	RC	4	0.004		
22:0g	0.000	0	RC	4	0.000		
24:0g	0.000	0	RC	4	0.000		
Fatty acids, total monounsaturatedg	2.454	0	RC	4	0.696		
14:1g	0.000	0	RC	4	0.000		
15:1g							
16:1 undifferentiatedg	0.046	0	RC	4	0.013		
17:1g							
18:1 undifferentiatedg	2.384	0	RC	4	0.676		
20:1g	0.023	0	RC	4	0.007		
22:1 undifferentiatedg	0.000	0	RC	4	0.000		
24:1 cg	0.000	0	RC	4	0.000		
Fatty acids, total polyunsaturatedg	6.614	0	RC	4	1.875		
18:2 undifferentiated	5.344	0	RC	4	1.515		
18:3 undifferentiated	1.270	0	RC	4	0.360		
18:4g	0.000	0	RC	4	0.000		
20:2 n-6 c,cg	0.000	0	RC	4	0.000		
20:3 undifferentiated	0.000	0	RC	4	0.000		
20:4 undifferentiatedg	0.000	0	RC	4	0.000		
20:5 n-3 (EPA)g	0.000	0	RC	4	0.000		
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	RC	4	0.000		
22:6 n-3 (DHA)g	0.000	0	RC	4	0.000		
Fatty acids, total transg	0.158	0	RC	4	0.045		
Cholesterolmg	13	0	RC	4	4		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	Z	7	0.0		
Caffeinemg	0	0	RC	4	0		
Theobrominemg	0	0	RC	4	0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount in	i ioo grams	oreal	nie portio	<u>'11</u>	Amount in edible portion of common		
			Number	•			<u>m</u>	easures of fo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Ur	nits	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Natificitis and of		mean ota. E	101				incusure i	medsure 2	in cusure (
Proximates:									
Water	g	10.85	0	RC	4		3.08		
Energy		383	0	NC	4		109		
Energy		1602	0	NC	4		454		
Protein		1.05	0	RC	4		0.30		
Total lipid (fat)	g	5.45	0	RC	4		1.54		
Ash	g	0.34	0	RC	4		0.10		
Carbohydrate, by difference	g	82.15	0	RC	4		23.29		
Fiber, total dietary		0.0	0	RC	4		0.0		
Sugars, total		79.77	0	RC	4		22.61		
Starch									
Minerals:		26	_		_				
Calcium, Ca	_	38	0	RC	4		11		
Iron, Fe		0.02	0	RC	4		0.01		
Magnesium, Mg		3 30	0	RC RC	4 4		1 8		
Phosphorus, P Potassium, K		49	0	RC	4		8 14		
Sodium, Na	_	47	0	RC	4		13		
Zinc, Zn	_	0.15	0	RC	4		0.04		
Copper, Cu	_	0.004	0	RC	4		0.001		
Manganese, Mn		0.002	0	RC	4		0.001		
Selenium, Se	_	1.7	0	RC	4		0.5		
,									
Vitamins:									
Vitamin C, total ascorbic acid	_	0.0	0	RC	4		0.0		
Thiamin		0.014	0	RC	4		0.004		
Riboflavin	_	0.074 0.038	0	RC RC	4 4		0.021 0.011		
Niacin	_	0.038	0	RC	4		0.011		
Pantothenic acid Vitamin B-6	_	0.119	0	RC	4		0.002		
Folate, total	_	1	0	RC	4		0.002		
Folic acid		0	0	RC	4		0		
Folate, food	· -	1	0	RC	4		0		
Folate, DFE		1	0	NC	4		0		
Choline, total		5.3	0	0	4		1.5		
Betaine	_								
Vitamin B-12	_	0.08	0	RC	4		0.02		
Vitamin B-12, added		0.00	0	RC	4		0.00		
Vitamin A, RAE	µg	46	0	NC	4		13		
Retinol		45	0	RC	4		13		
Carotene, beta	µg	10	0	RC	4		3		
Carotene, alpha	µg	0	0	RC	4		0		
Cryptoxanthin, beta		0	0	RC	4		0		
Vitamin A, IU		168	0	NC	4		48		
Lycopene	µg	0	0	RC	4		0		
Lutein + zeaxanthin		0	0	RC	4		0		
Vitamin E (alpha-tocopherol)		0.14	0	RC	4		0.04		
Vitamin E, added		0.00	0	RC	4		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	_								
Tocotrienol, delta		0.0	0	z	7		0.0		
Vitamin D (D2 + D3)		0.0	0	z Z	7		0.0		
Vitamin D		0.5	0	RC	4		0.1		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.5	3	RC	-1		0.1		
DIIIYUIODIIYIIOQUINONE	µy								

	Am	ount in 10	0 grams	Amount in edible portion of common					
			Num ber	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	3.38		0	RC	4		0.959		
4:0g	0.19		0	RC	4		0.056		
6:0g	0.13		0	RC	4		0.038		
8:0g	0.08		0	RC	4		0.025		
10:0g	0.16		0	RC	4		0.046		
12:0g	0.16		0	RC	4		0.047		
13:0g	0.00		0	RC	4		0.000		
14:0g	0.49		0	RC	4		0.141		
15:0g	0.00		0	RC	4		0.000		
16:0g	1.44		0	RC	4		0.409		
17:0g	0.03		0	RC	4		0.009		
18:0g	0.65		0	RC	4		0.187		
20:0g	0.00		0	RC	4		0.002		
22:0g	0.00		0	RC	4		0.000		
24:0g	0.00		0	RC	4		0.000		
Fatty acids, total monounsaturatedg	1.39		0	RC	4		0.397		
14:1g	0.00	0	0	RC	4		0.000		
15:1g		_							
16:1 undifferentiatedg	0.05	2	0	RC	4		0.015		
17:1g		_							
18:1 undifferentiatedg	1.34		0	RC	4		0.380		
20:1g	0.00		0	RC	4		0.002		
22:1 undifferentiatedg	0.00	0	0	RC	4		0.000		
24:1 cg		_							
Fatty acids, total polyunsaturatedg	0.22		0	RC	4		0.064		
18:2 undifferentiatedg	0.18		0	RC	4		0.053		
18:3 undifferentiatedg	0.04		0	RC	4		0.011		
18:4g	0.00	O	0	RC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated	0.00	0	0	D.C.	4		0.000		
20:4 undifferentiated	0.00		0	RC RC	4 4		0.000		
20:5 n-3 (EPA)g	0.00	U	U	RC	4		0.000		
21:5g									
22:4g	0.00	0	0	RC	4		0.000		
22:5 n-3 (DPA)g	0.00		0	RC	4		0.000		
22:6 n-3 (DHA)g	0.17		0	RC RC	4		0.000		
Fatty acids, total trans	0.17	,	U	RC	*		0.051		
Fatty acids, total trans-monoenoicg Fatty acids, total trans-polyenoicg									
Cholesterolg	15		0	RC	4		4		
Phytosterolsmg	13		J	AC.	-		T		
i nytosterois									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	RC	4		0		
Theobrominemg	0		0	RC	4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 10			ole porti	<u>on</u>	Amount in edible portion of common measures of food		
				Number				<u> </u>	easures or roo	<u> </u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.7	0	0		4		21.29	0.59	
Energy		354		0	NC	4		645	18	
Energy		1482		0	NC	4		2697	74	
Protein		0.0	0	1		1		0.00	0.00	
Total lipid (fat)	-	0.2	0	1		1		0.36	0.01	
Ash		0.0	0	0	BFSN	4		0.00	0.00	
Carbohydrate, by difference		88.1	0	0	NC	4		160.34	4.41	
Fiber, total dietary		0.0		0	LC	8		0.0	0.0	
Sugars, total	g	70.0	0	0	NR	4		127.40	3.50	
Starch										
Minerals:		_		_		_		_	_	
Calcium, Ca		0	•	1		1		0	0	
Iron, Fe		0.0	U	1 0		1 4		0.00 0	0.00 0	
Magnesium, Mg	-	0		0		4		0	0	
Phosphorus, P		0		0		7		0	0	
Potassium, KSodium, Na		7		1		1		13	0	
Zinc, Zn	-	0.0	0	0		4		0.00	0.00	
Copper, Cu	-	0.0		0		4		0.000	0.000	
Manganese, Mn				-		=				
Selenium, Se		0.5		0	BFSN	4		0.9	0.0	
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0	0.0	
Thiamin		0.0		1		1		0.000	0.000	
Riboflavin	-	0.0		1 1		1 1		0.000	0.000 0.000	
Niacin Pantothenic acid	-	0.0	00	_		_		0.000	0.000	
Vitamin B-6	-	0.0	00	0		4		0.000	0.000	
Folate, total	-	0	00	0		4		0	0	
Folic acid		0		0	BFSN	4		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total		0.0		0	Z	7		0.0	0.0	
Betaine	mg									
Vitamin B-12	µg	0.0	0	0		7		0.00	0.00	
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	BFSN	4		0	0	
Carotene, beta	µg	0		0	BFSN	4		0	0	
Carotene, alpha		0		0	BFSN	4		0	0	
Cryptoxanthin, beta		0		0	BFSN	4		0	0	
Vitamin A, IU		0		1		1		0	0	
Lycopene		0		0	BFSN	4		0	0	
Lutein + zeaxanthin		0	•	0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)		0.0		0	BFSN Z	4 7		0.00	0.00 0.00	
Vitamin E, added		0.0	•	U	4	,		0.00	0.00	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	-									
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone										
Menaquinone-4										

	Amount in	100 grams of	Amount in edible portion of common				
		Number			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Er	of Data De ror Points Co	eriv Source Co ode Code	nfidence Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturatedg	0.034	0	4		0.062	0.002	
4:0g	0.000	0	4		0.000	0.000	
6:0g	0.000	0	4		0.000	0.000	
8:0g	0.000	0	4		0.000	0.000	
10:0g	0.000	0	4		0.000	0.000	
12:0g	0.000	0	4		0.000	0.000	
13:0g							
14:0g	0.000	0	4		0.000	0.000	
15:0g							
16:0g	0.019	0	4		0.035	0.001	
17:0g							
18:0g	0.004	0	4		0.007	0.000	
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	0.092	0	4		0.167	0.005	
14:1g							
15:1g							
16:1 undifferentiatedg	0.000	0	4		0.000	0.000	
17:1g							
18:1 undifferentiatedg	0.090	0	4		0.164	0.005	
20:1g	0.003	0	4		0.005	0.000	
22:1 undifferentiatedg	0.000	0	4		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.064	0	4		0.116	0.003	
18:2 undifferentiatedg	0.064	0	4		0.116	0.003	
18:3 undifferentiatedg	0.000	0	4		0.000	0.000	
18:4g	0.000	0	4		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiated	0.000	0	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	4		0.000	0.000	
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	4		0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	0	0	7		0	0	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeinemg	0	0 I	BFSN 4		0	0	
Theobrominemg	0	0 I	BFSN 4		0	0	

Common Measures:

Measure 1 = 182g: 1 cup Measure 2 = 5.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amo	ount in 10	u gram	Amount in edible portion of common						
				Num be	er			measures of food			
				of Dat	a Deriv	Source	Confidence				
Nutrients and Un	its	Mean S	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
namonto ana on		ouii	ota: = : 0:					mousure :	modouro 2	in odour o	
Proximates:											
Water	g	1.00	0.	000 8		1		1.82	0.36	0.22	
Energy	kcal	396		0	NC	4		720	142	87	
Energy	kJ	1655		0	NC	4		3012	596	364	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00	
Total lipid (fat)	g	0.00		1	LC	8		0.00	0.00	0.00	
Ash	g	0.10		1		4		0.18	0.04	0.02	
Carbohydrate, by difference	g	98.90		0	NC	4		180.00	35.60	21.76	
Fiber, total dietary	g	0.1		0	FLC	4		0.1	0.0	0.0	
Sugars, total	g	58.97		1	LC	8		107.33	21.23	12.97	
Starch	g										
Minerals:											
Calcium, Ca	ma	3	0.	936 9		1		5	1	1	
Iron, Fe		0.40		109 8		1		0.73	0.14	0.09	
Magnesium, Mg	-	1		774 9		1		2	0	0	
Phosphorus, P		1	0.	453 8		1		2	0	0	
Potassium, K	mg	5	3.	943 9		1		9	2	1	
Sodium, Na	<u>mg</u>	44	5.	093 9		1		80	16	10	
Zinc, Zn	<u>mg</u>	0.00	0.	004 8		1		0.00	0.00	0.00	
Copper, Cu	mg	0.01	20.	8 800		1		0.022	0.004	0.00	
Manganese, Mn	mg	0.010	0.	017 8		1		0.018	0.004	0.00	
Selenium, Se	µg	0.8		0	FLC	4		1.5	0.3	0.2	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	0.0	
Thiamin	mg	0.000	5	0	FLC	4		0.010	0.002	0.00	
Riboflavin	mg	0.01	3	0	FLC	4		0.023	0.005	0.00	
Niacin	mg	0.010	כ	0	FLC	4		0.019	0.004	0.00	
Pantothenic acid	mg	0.01	2	0	FLC	4		0.022	0.004	0.00	
Vitamin B-6	mg	0.00	5	0	FLC	4		0.008	0.002	0.00	
Folate, total	µg	0		0	FLC	4		0	0	0	
Folic acid	µg	0		0	FLC	4		0	0	0	
Folate, food	µg	0		0	FLC	4		0	0	0	
Folate, DFE	µg	0		0	NC	4		0	0	0	
Choline, total	-	0.0		0	Z	7		0.0	0.0	0.0	
Betaine											
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		0		0	FLC	4		0	0	0	
Retinol		0		0	FLC	4		0	0	0	
Carotene, beta		0		0	FLC	4		0	0	0	
Carotene, alpha		0		0	FLC	4		0	0	0	
Cryptoxanthin, beta		0		0	FLC	4		0	0	0	
Vitamin A, IU		0		0	FLC	4		0	0	0	
Lycopene		0		0	FLC	4		0	0	0	
Lutein + zeaxanthin		0.00		0	FLC FLC	4 4		0.00	0 0.00	0.00	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin E, added		0.00		U	4	,		0.00	0.00	0.00	
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0	0.0	
Dihydrophylloquinone		- · ·		_	_						
Menaquinone-4											

	Amo	unt in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	<u>od</u>
					Source C	Confidence			
Nutrients and Units	Mean S	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	0.000		1	LC	8				0.000
Fatty acids, total saturatedg	0.000		0	LC	4		0.000	0.000	0.000
4:0g	0.000		0		4		0.000	0.000	0.000
6:0g	0.000		0		4		0.000	0.000	0.000
8:0g	0.000		0		4		0.000	0.000	0.000
10:0g	0.000		0		4		0.000	0.000	0.000
12:0g 13:0g	0.000		U		4		0.000	0.000	0.000
14:0	0.000		0		4		0.000	0.000	0.000
14:0g 15:0g	0.000		U		-		0.000	0.000	0.000
16:0g	0.000		0		4		0.000	0.000	0.000
17:0	0.000		Ū		-		0.000	0.000	0.000
18:0	0.000		0		4		0.000	0.000	0.000
20:0g	0.000		Ū		-		0.000	0.000	0.000
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.000		0		7		0.000	0.000	0.000
14:1g			•		ŕ		0.000	0.000	0.000
15:1g									
16:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
17:1g			•		-		0.000	***************************************	0.000
18:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
20:1g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
24:1 cg			-		_				
Fatty acids, total polyunsaturatedg	0.000		1	LC	8		0.000	0.000	0.000
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
18:4g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000		0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		1	LC	8		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	0.0
Caffeinemg	0		0	FLC	4		0	0	0
Theobrominemg	0		0	FLC	4		0	0	0

Common Measures:

Measure 1 = 182g: 1 cup gumdrops Measure 2 = 36g: 10 gumdrops Measure 3 = 22g: 10 gummy bears

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Aino	unt m 10	o grains	or ear	ble portio	<u>'''</u>	Amount in edible portion of common			
				Num ber				<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source (Confidence				
Nutrients and Un	its	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	3.67		2	A	1		1.04			
Energy		469		0	NC	4		133			
Energy		1962		0		4		556			
Protein (N x 5.8)		12.49		2	A	1		3.54			
Total lipid (fat)		21.52		2	A	1		6.10			
Ash	g	1.83		2	A	1		0.52			
Carbohydrate, by difference	g	60.49		0	NC	4		17.15			
Fiber, total dietary	g	4.5		2	A	1		1.3			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	33		2	A	1		9			
Iron, Fe	_	4.53		2	A	1		1.28			
Magnesium, Mg	_	218		2	A	1		62			
Phosphorus, P		607		2	A	1		172			
Potassium, K	mg	187		2	A	1		53			
Sodium, Na	mg	195		2	A	1		55			
Zinc, Zn	mg	4.32		2	A	1		1.22			
Copper, Cu	mg	1.202	:	2	A	1		0.341			
Manganese, Mn	mg	0.873	}	2	A	1		0.247			
Selenium, Se	µg	11.5		0	FLA	4		3.3			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1		2	A	1		0.0			
Thiamin	_	0.424	L	2	A	1		0.120			
Riboflavin	_	0.088		2	A	1		0.025			
Niacin		2.856		2	A	1		0.810			
Pantothenic acid		0.174		2	A	1		0.049			
Vitamin B-6	_	0.348		2	A	1		0.099			
Folate, total	_	65		2	A	1		18			
Folic acid		0		0	z	7		0			
Folate, food		65		2	A	1		18			
Folate, DFE		65		0	NC	4		18			
Choline, total											
Betaine											
Vitamin B-12		0.04		0	FLA	4		0.01			
Vitamin A. RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Carotene, beta		0		0	T	4		0			
Carotene, alpha		0		0	T	4		0			
Cryptoxanthin, beta		0		0	T	4		0			
Vitamin A, IU		2		2	A	1		1			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg										
Vitamin D	IU										
Vitamin K (phylloquinone)	па										

Lipids:

	<u>Am e</u>	ount in 10		Amount in edible portion of common measures of food					
			Number	•			<u>m</u>	easures of for	<u> </u>
					Source Co	nfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg	4.12		2	A	1		1.170		
4:0g	0.00		2	A	1		0.000		
6:0g	0.00		2	A	1		0.000		
8:0g	0.00		2	A	1		0.000		
10:0g	0.00		2	A	1		0.000		
12:0g	0.00	0	2	A	1		0.000		
13:0g		_							
14:0g	0.00	0	2	A	1		0.000		
15:0g									
16:0g	2.11	3	2	A	1		0.599		
17:0g									
18:0g	1.84	7	2	A	1		0.524		
20:0g									
22:0g									
24:0g		_	_	_	_				
Fatty acids, total monounsaturatedg	8.19	4	2	A	1		2.323		
14:1g									
15:1g		_	_	_	_				
16:1 undifferentiatedg	0.02	5	2	A	1		0.007		
17:1g		_	_	_	1				
18:1 undifferentiatedg	8.13		2	A	_		2.306		
20:1g	0.03		2	A	1		0.010		
22:1 undifferentiatedg	0.00	0	2	A	1		0.000		
24:1 cg	0.40		•	_	-				
Fatty acids, total polyunsaturatedg	8.48		2	A	1		2.404		
18:2 undifferentiatedg	8.42		2	A	1		2.387		
18:3 undifferentiatedg	0.06		2	A	1		0.017		
18:4g	0.00	0	2	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg		_	_	_	_				
20:4 undifferentiatedg	0.00		2	A	1		0.000		
20:5 n-3 (EPA)g	0.00	U	2	A	1		0.000		
21:5g									
22:4g	0.00	•	•	_			0.000		
22:5 n-3 (DPA)g	0.00		2 2	A A	1 1		0.000		
22:6 n-3 (DHA)g	0.00	U	2	A	1		0.000		
Fatty acids, total transg	•		^	_	7		^		
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg									
Theobrominemg									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4 Fat 8.5 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Am oı</u>	ınt in 100 gr	ams	of edil	ole portion		Amount in edible portion of common			
			Nur	nber				measures of food			
						Source Co	nfidanca			_	
Notation to and the			d. Error Po			Code	Code				
Nutrients and Uni	its	Mean S	a. Error	mits	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water		1.30	0.291	6		1		0.37	0.08	0.04	
Energy	kcal	394		0	NC	4		112	24	12	
Energy	kJ	1648		0		4		467	99	49	
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00	
Total lipid (fat)	g	0.20		1	A	1		0.06	0.01	0.01	
Ash	_	0.50	0.407	9		1		0.14	0.03	0.02	
Carbohydrate, by difference	g	98.00		0	NC	4		27.78	5.88	2.94	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	62.90		1	A	1		17.83	3.77	1.89	
Starch	g										
Minerals:											
Calcium, Ca	_	3	1.419	37		1		1	0	0	
Iron, Fe	_	0.30	0.050			1		0.09	0.02	0.01	
Magnesium, Mg		3	0.707	37		1		1	0	0	
Phosphorus, P	_	3	1.533			1		1	0	0	
Potassium, K	_	5	1.358	37		1 1		1 11	0 2	0	
Sodium, Na	_	38 0.01	7.185 0.005	33 42		1		0.00	0.00	1 0.00	
Zinc, Zn Copper, Cu	_	0.01	0.010	5		1		0.00	0.002	0.00	
Manganese, Mn		0.029	0.010			1		0.003	0.002	0.00	
Selenium. Se	_	0.6	0.001	0	BFSN	4		0.2	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	0.0	
Thiamin	_	0.004		1		4		0.001	0.000	0.00	
Riboflavin	_	0.003		1		4		0.001	0.000	0.00	
Niacin	_	0.007		1		4		0.002	0.000	0.00	
Pantothenic acid	_	0.008		1		4		0.002	0.000	0.00	
Vitamin B-6	mg	0.003		1		4		0.001	0.000	0.00	
Folate, total	µg	0		1		4		0	0	0	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	0		1		4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Choline, total	_	0.0		0	Z	7		0.0	0.0	0.0	
Betaine											
Vitamin B-12		0.00		1	_	4		0.00	0.00	0.00	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Carotene, beta		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	, 7		0	0	0	
Vitamin A, IU		0		1	_	4		0	0	0	
Lycopene		0		0	z	7		0	0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00	0.00	
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta				_	_	_			_		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D.		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	0.0	
Dihydrophylloquinone	µg µg										

	<u>An</u>	ount in 10	0 grams	Amount in edible portion of common					
			Number					easures of foo	
					Source (Confidence	· · · · · · · · · · · · · · · · · · ·		_
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	00	0		7		0.000	0.000	0.000
4:0g	0.0	00	0		4		0.000	0.000	0.000
6:0g	0.0	00	0		4		0.000	0.000	0.000
8:0g	0.0	00	0		4		0.000	0.000	0.000
10:0g	0.0	00	0		4		0.000	0.000	0.000
12:0g	0.0	00	0		4		0.000	0.000	0.000
13:0g									
14:0g	0.0	00	0		4		0.000	0.000	0.000
15:0g									
16:0g	0.0	00	0		4		0.000	0.000	0.000
17:0g									
18:0g	0.0	00	0		4		0.000	0.000	0.000
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	00	0		7		0.000	0.000	0.000
14:1g									
15:1g									
16:1 undifferentiated	0.0	00	0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	0.000
20:1g	0.0	00	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.0	00	0		7		0.000	0.000	0.000
18:2 undifferentiatedg	0.0	00	0		4		0.000	0.000	0.000
18:3 undifferentiated	0.0	00	0		4		0.000	0.000	0.000
18:4g	0.0	00	0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.0	00	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.0		0		4		0.000	0.000	0.000
Fatty acids, total trans								,	
Cholesterolmg	0		1		4		0	0	0
Phytosterolsmg	·		-		_		-	-	-
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 piece

Measure 3 = 3.0g: 1 piece, small

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Amount in	roo grains	Amount in edible portion of common					
			Number	measures of food					
					Source	Confidence			
Nutrients and Ur	vite	Mean Std. Err	or Points		Code	Code	Measure 1	Measure 2	Measure
Nutrients and Or	iits	Mean Stu. Di	01				Wicasure i	Weasure 2	Measure
Proximates:									
Water	g	1.40	0		4		0.04		
Energy		394	0	NC	4		12		
Energy		1650	0	NC	4		50		
Protein		0.00	1		1		0.00		
Total lipid (fat)		0.00	0		4		0.00		
Ash		0.00	0	BFSN	4		0.00		
Carbohydrate, by difference	_	98.60	0	NC	4		2.96		
Fiber, total dietary		0.0	0		4		0.0		
Sugars, total		0.00	0	NR	4		0.00		
Starch			· ·		-				
Staten	9								
Minerals:									
Calcium, Ca	mg	0	1		1		0		
Iron, Fe		0.00	1		1		0.00		
Magnesium, Mg	mg	0	0		4		0		
Phosphorus, P	mg	0	0		4		0		
Potassium, K	_	0	0		4		0		
Sodium, Na	_	0	0		4		0		
Zinc, Zn	_	0.00	0		4		0.00		
Copper, Cu		0.000	0		4		0.000		
Manganese, Mn	_								
Selenium, Se	µg	0.6	0	BFSN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid	mq	0.0	1		1		0.0		
Thiamin	_	0.000	1		1		0.000		
Riboflavin		0.000	1		1		0.000		
Niacin	_	0.000	1		1		0.000		
Pantothenic acid	_								
Vitamin B-6	_	0.000	0		4		0.000		
Folate, total	_	0	0		4		0		
Folic acid	µg	0	0	BFSN	4		0		
Folate, food	µg	0	0	BFSN	4		0		
Folate, DFE		0	0	NC	4		0		
Choline, total		0.0	0	Z	7		0.0		
Betaine	mg								
Vitamin B-12	µg	0.00	0		4		0.00		
Vitamin B-12, added	µg	0.00	0	Z	7		0.00		
Vitamin A, RAE	µg	0	0	BFSN	4		0		
Retinol	µg	0	0	BFSN	4		0		
Carotene, beta	µg	0	0	BFSN	4		0		
Carotene, alpha		0	0	BFSN	4		0		
Cryptoxanthin, beta		0	0	BFSN	4		0		
Vitamin A, IU		0	1		1		0		
Lycopene		0	0	BFSN	4		0		
Lutein + zeaxanthin		0	0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00	0	BFSN	4		0.00		
Vitamin E, added		0.00	0	Z	7		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	g								
Tocotrienol, alpha									
Tocotrienol, beta	mg								
Tocotrienol, gamma									
Tocotrienol, delta	mg								
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D	<u>I</u> U	0	0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0	0	BFSN	4		0.0		
Dihydrophylloquinone									
Menaquinone-4									

	Amount in	100 grams of	Amount in edible portion of common				
		Number			<u>m</u>	easures of foo	<u>oa</u>
		of Data De	eriv Source	Confidence			
Nutrients and Units	Mean Std. Er	ror Points C	ode Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	0.000	0	7		0.000		
Fatty acids, total saturatedg		0	4		0.000		
4:0g	0.000 0.000	0	4		0.000		
6:0g	0.000	0	4		0.000		
8:0g	0.000	0	4		0.000		
10:0g	0.000	0	4		0.000		
12:0g 13:0g	0.000	U	4		0.000		
14:0g	0.000	0	4		0.000		
15:0	0.000	Ū	-		0.000		
16:0g	0.000	0	4		0.000		
17:0	0.000	Ū	-		0.000		
18:0g	0.000	0	4		0.000		
20:0	0.000	Ū	-		0.000		
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	0.000	0	7		0.000		
14:1							
15:1							
16:1 undifferentiatedg	0.000	0	4		0.000		
17:1g							
18:1 undifferentiatedg	0.000	0	4		0.000		
20:1g	0.000	0	4		0.000		
22:1 undifferentiatedg	0.000	0	4		0.000		
24:1 cg							
Fatty acids, total polyunsaturated	0.000	0	7		0.000		
18:2 undifferentiatedg	0.000	0	4		0.000		
18:3 undifferentiatedg	0.000	0	4		0.000		
18:4g	0.000	0	4		0.000		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4		0.000		
20:5 n-3 (EPA)g	0.000	0	4		0.000		
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	4		0.000		
22:6 n-3 (DHA)g	0.000	0	4		0.000		
Fatty acids, total transg							
Cholesterolmg	0	0	7		0		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeinemg	0		BFSN 4		0		
Theobrominemg	0	0 :	BFSN 4		0		

Common Measures:

Measure 1 = 3.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		An	nount in 10	u gram s	Amount in edible portion of common					
				Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	_	0.5	. 4	•						
Water		2.5	04	0	FLC	4				
Energy		486		0	NC	4				
Energy		2034		0	NC	4				
Protein		8.7		0	FLC	4				
Total lipid (fat)	g	20.1		0	FLC	4				
Ash	g	1.1	.6	0	FLC	4				
Carbohydrate, by difference	g	67.4	1	0	FLC	4				
Fiber, total dietary	g	1.9)	0	FLC	4				
Sugars, total	g	62.6	8	0	FLC	4				
Starch	g	1.4	10	0	FLC	4				
Minerals:										
Calcium, Ca	-	21		0	FLC	4				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.7	1	0	FLC	4				
Magnesium, Mg	mg	66		0	FLC	4				
Phosphorus, P		132		0	FLC	4				
Potassium, K	mg	220		0	FLC	4				
Sodium, Na	mg	174		0	FLC	4				
Zinc, Zn	mg	1.0	3	0	FLC	4				
Copper, Cu	mg	0.1	.69	0	FLC	4				
Manganese, Mn	mg	0.6	556	0	FLC	4				
Selenium, Se	µg	2.0)	0	FLC	4				
Vitamina										
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	FLC	4				
Thiamin	_	0.0		0	FLC	4				
Riboflavin	-	0.0		0	FLC	4				
Niacin	_	5.1		0	FLC	4				
Pantothenic acid	-	0.4		0	FLC	4				
Vitamin B-6	-	0.1	.73	0	FLC	4				
Folate, total	µg	34		0	FLC	4				
Folic acid	µg	0		0	FLC	4				
Folate, food	µg	34		0	FLC	4				
Folate, DFE	µg	34		0	NC	4				
Choline, total	mg	24.7	,	0	FLC	4				
Betaine	mg	0.3	3	0	FLC	4				
Vitamin B-12	µg	0.0	0	0	FLC	4				
Vitamin B-12, added	nd	0.0	0	0	FLC	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	FLC	4				
Carotene, beta		0		0	FLC	4				
Carotene, alpha		0		0	FLC	4				
Cryptoxanthin, beta		0		0	FLC	4				
		0		0	FLC	4				
Vitamin A, IU		0		0	FLC	4				
Lycopene		0		0	FLC	4				
Lutein + zeaxanthin			.7							
Vitamin E (alpha-tocopherol)		3.5		0	FLC	4				
Vitamin E, added		0.0		0	FLC	4				
Tocopherol, beta	-	0.2		0	FLC	4				
Tocopherol, gamma		2.9		0	FLC	4				
Tocopherol, delta		0.2		0	FLC	4				
Tocotrienol, alpha		0.0		0	FLC	4				
Tocotrienol, beta	mg	0.0		0	FLC	4				
Tocotrienol, gamma	mg	0.0	00	0	FLC	4				
Tocotrienol, delta	mg	0.0	0	0	FLC	4				
Vitamin D (D2 + D3)		0.0)	0	FLC	4				
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D		0		0	FLC	4				
Vitamin K (phylloquinone)		0.1		0	FLC	4				

Nutrients and Units

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Amount in edible portion of common measures of food

Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Dihydrophylloquinone	ua				
Menaquinone-4					
<u>Lipids:</u>	~	E 725	•	ET C	4
Fatty acids, total saturated		5.735 0.000	0	FLC FLC	4 4
6:0	-	0.000	0	FLC	4
8:0		0.000	0	FLC	4
10:0	-	0.000	0	FLC	4
12:0	-	0.000	0	FLC	4
13:0					
14:0	g	0.011	0	FLC	4
15:0	g	0.003	0	FLC	4
16:0	g	2.679	0	FLC	4
17:0	g	0.026	0	FLC	4
18:0	g	1.233	0	FLC	4
20:0	g	0.406	0	FLC	4
22:0	g	0.962	0	FLC	4
24:0		0.413	0	FLC	4
Fatty acids, total monounsaturated		8.496	0	FLC	4
14:1		0.000	0	FLC	4
15:1		0.000	0	FLC	4
16:1 undifferentiated		0.010	0	FLC FLC	4 4
17:1		0.010 8.268	0	FLC	4
18:1 undifferentiated 20:1	-	0.193	0	FLC	4
22:1 undifferentiated	-	0.015	0	FLC	4
24:1 c	-	0.000	0	FLC	4
Fatty acids, total polyunsaturated		4.794	0	FLC	4
18:2 undifferentiated		4.769	0	FLC	4
18:3 undifferentiated		0.011	0	FLC	4
18:4	-	0.000	0	FLC	4
20:2 n-6 c,c	-	0.003	0	FLC	4
20:3 undifferentiated	g	0.004	0	FLC	4
20:4 undifferentiated	g	0.007	0	FLC	4
20:5 n-3 (EPA)	g	0.000	0	FLC	4
21:5	g				
22:4	g	0.000	0	FLC	4
22:5 n-3 (DPA)		0.000	0	FLC	4
22:6 n-3 (DHA)		0.000	0	FLC	4
Fatty acids, total trans		0.029	0	FLC	4
Cholesterol		0	0	FLC	4
Phytosterols	mg				
Amino Acids:					
Tryptophan	g	0.091	0	FLC	4
Threonine	g	0.206	0	FLC	4
Isoleucine	g	0.242	0	FLC	4
Leucine	-	0.607	0	FLC	4
Lysine		0.267	0	FLC	4
Methionine	-	0.104	0	FLC	4
Cystine	-	0.090	0	FLC	4
Phenylalanine		0.472	0	FLC	4
Tyrosine		0.325 0.307	0	FLC FLC	4 4
Valine		1.087	0	FLC	4
Arginine Histidine		0.219	0	FLC	4
Alanine	-	0.359	0	FLC	4
Aspartic acid	-	1.199	0	FLC	4
Glutamic acid		1.999	0	FLC	4
Glycine		0.564	0	FLC	4
Proline		0.553	0	FLC	4
Serine		0.581	0	FLC	4
Hydroxyproline	g				

NDB No. 19025

Candies, honey-combed, with peanut butter

	Amount in edible portion of common measures of food								
Nutrients and Units	Mean	Std. Error		Deriv		Confidence Code		Measure 2	Measure 3
Others:									
Alcohol, ethylg	0.0		0	FLC	4				
Caffeinemg	0		0	FLC	4				
Theobrominemg	0		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	u grams	Amount in edible portion of common					
				Number	measures of food					
						Source C	onfidence			
Nutrients and Unit		Mean	Std. Error			Code	Code	Magazira 1	Measure 2	Measure
Nutrients and Unit	:S	Wean	Sta. Error	Tollits	Oout	Oode	Oode	Measure 1	weasure 2	weasure
Proximates:										
Water		6.3	0	1		4		0.69	1.76	
Energy	kcal	375		0	NC	4		41	105	
Energy	kJ	1568		0	NC	4		172	439	
Protein (N x 6.25)	g	0.0	0	1	LC	8		0.00	0.00	
Total lipid (fat)	g	0.0	5	0	FLC	4		0.01	0.01	
Ash	g	0.1	0	0	FLC	4		0.01	0.03	
Carbohydrate, by difference	g	93.5	5	0	NC	4		10.29	26.19	
Fiber, total dietary	g	0.2		0	FLC	4		0.0	0.1	
Sugars, total	g	70.0	0	1	LC	8		7.70	19.60	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		0	1	
Iron, Fe		0.1	3	0	FLC	4		0.01	0.04	
Magnesium, Mg		2		1		1		0	1	
Phosphorus, P		4		0	FLC	4		0	1	
Potassium, K		37		1		1		4	10	
Sodium, Na	-	50	_	1	LC	8		6	14	
Zinc, Zn		0.0		1		1		0.01	0.01	
Copper, Cu		0.0		1		1		0.003	0.008	
Manganese, Mn	-	0.0	35	1 0	FLC	1 4		0.004 0.1	0.010 0.3	
Selenium, Se	µg	1.1		U	FLC	4		0.1	0.3	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	FLC	4		0.0	0.0	
Thiamin	_	0.0		0	FLC	4		0.000	0.001	
Riboflavin	-	0.0		0	FLC	4		0.001	0.003	
Niacin	-	0.0		0	FLC	4 4		0.001	0.002	
Pantothenic acid Vitamin B-6		0.0		0	FLC FLC	4		0.001	0.003 0.001	
Folate, total	-	0	0-1	0	FLC	4		0.000	0.001	
Folic acid		0		0	FLC	4		0	0	
Folate, food		0		0	FLC	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total		0.0		0	Z	7		0.0	0.0	
Betaine	-									
Vitamin B-12	•	0.0	0	0	FLC	4		0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	FLC	4		0	0	
Retinol		0		0	FLC	4		0	0	
Carotene, beta	µg	0		0	FLC	4		0	0	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta		0		0	FLC	4		0	0	
Vitamin A, IU		0		0	FLC	4		0	0	
Lycopene		0		0	FLC	4		0	0	
Lutein + zeaxanthin		0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)		0.0		0	FLC	4		0.00	0.00	
Vitamin E, added		0.0	U	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0	
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0	

	<u>An</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number				measures of food		
					Source	Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	00	0	FLC	4		0.000	0.000	
4:0g	0.0		0	FLC	4		0.000	0.000	
6:0g	0.0		0	FLC	4		0.000	0.000	
8:0g	0.0		0	FLC	4		0.000	0.000	
10:0g	0.0		0	FLC	4		0.000	0.000	
12:0.	0.0		0	FLC	4		0.000	0.000	
13:0g	• • • • • • • • • • • • • • • • • • • •		•		-				
14:0g	0.0	00	0	FLC	4		0.000	0.000	
15:0g			_		_				
16:0g	0.0	00	0	FLC	4		0.000	0.000	
17:0			_		_				
18:0g	0.0	00	0	FLC	4		0.000	0.000	
20:0			_		_				
22:0g									
24:0									
Fatty acids, total monounsaturatedg	0.0	00	0	FLC	4		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiated	0.0	00	0	FLC	4		0.000	0.000	
17:1g									
18:1 undifferentiated	0.0	00	0	FLC	4		0.000	0.000	
20:1g	0.0		0	FLC	4		0.000	0.000	
22:1 undifferentiatedg	0.0		0	FLC	4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	0.0	00	0	FLC	4		0.000	0.000	
18:2 undifferentiated	0.0	00	0	FLC	4		0.000	0.000	
18:3 undifferentiated	0.0		0	FLC	4		0.000	0.000	
18:4g	0.0	00	0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0	FLC	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0	FLC	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	FLC	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 11.0g: 10 small Measure 2 = 28g: 10 large (1 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

Number Of Data Deriv Source Confidence Code Measure	.20 1.15 1.18 22 23 93 96 .90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Nutrients and Units Mean Std. Error Points Code Code Code Measure	.20 1.15 1.18 22 23 93 96 .90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Nutrients and Units Mean Std. Error Points Code Code Measure	.20 1.15 1.18 22 23 93 96 .90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Proximates: Water g 16.40 0.374 6 1 8. Energy kcal 318 0 NC 4 159 Energy kJ 1331 0 4 665 Protein (N x 5.6) g 1.80 0.107 5 1 0. Total lipid (fat) g 0.20 0.055 5 1 0. Ash g 0.30 0.136 5 1 0. Ash g 0.30 0.136 5 1 0. Carbohydrate, by difference g 81.30 0 NC 4 40. Fiber, total dietary g 0.1 0 FLA 4 0. Sugars, total g 57.56 4.874 3 LC 8 28. Starch g 57.56 4.874 3 LC 8 28. Scalcium, Ca mg 3 0.	.20 1.15 1.18 22 23 93 96 .90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Water g 16.40 0.374 6 1 8. Energy kcal 318 0 NC 4 159 Energy kJ 1331 0 4 665 Protein (N x 5.6) g 1.80 0.107 5 1 0. Total lipid (fat) g 0.20 0.055 5 1 0. Ash g 0.30 0.136 5 1 0. Ash g 0.30 0.136 5 1 0. Carbohydrate, by difference g 81.30 0 NC 4 40. Fiber, total dietary g 0.1 0 FLA 4 0. Sugars, total g 57.56 4.874 3 LC 8 28. Starch g 57.56 4.874 3 LC 8 28. Starch g 0 3 0.356 10 1	22 23 93 96 .90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Energy kcal 318 0 NC 4 159 Energy kJ 1331 0 4 665 Protein (N x 5.6) g 1.80 0.107 5 1 0 Total lipid (fat) g 0.20 0.055 5 1 0 Ash g 0.30 0.136 5 1 0 Carbohydrate, by difference g 81.30 0 NC 4 40 Fiber, total dietary g 0.1 0 FLA 4 0 Sugars, total g 57.56 4.874 3 LC 8 28 Starch g 57.56 4.874 3 LC 8 28 Starch g 3 0.356 10 1 2 Calcium, Ca mg 3 0.356 10 1 2 Iron, Fe mg 0 2 0.503 10 1	22 23 93 96 .90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Energy	93 96 .90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Protein (N x 5.6)	.90 0.13 0.13 .10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Total lipid (fat) g 0.20 0.055 5 1 0 Ash g 0.30 0.136 5 1 0 Carbohydrate, by difference g 81.30 0 NC 4 40 Fiber, total dietary g 0.1 0 FLA 4 0 Sugars, total g 57.56 4.874 3 LC 8 28 Starch g Minerals: Calcium, Ca mg 3 0.356 10 1 2 Iron, Fe mg 0.23 0.085 10 1 0 Magnesium, Mg mg 2 0.503 10 1 1 Phosphorus, P mg 8 1.376 6 1 4 Potassium, K mg 5 1.162 10 1 3	.10 0.01 0.01 .15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Ash	.15 0.02 0.02 .65 5.69 5.85 .1 0.0 0.0
Carbohydrate, by difference g 81.30 0 NC 4 40. Fiber, total dietary g 0.1 0 FLA 4 0. Sugars, total g 57.56 4.874 3 LC 8 28. Starch g Minerals: Calcium, Ca mg 3 0.356 10 1 2 Iron, Fe mg 0.23 0.085 10 1 0 Magnesium, Mg mg 2 0.503 10 1 1 Phosphorus, P mg 8 1.376 6 1 4 Potassium, K mg 5 1.162 10 1 3	.65 5.69 5.85 .1 0.0 0.0
Fiber, total dietary	.1 0.0 0.0
Fiber, total dietary	***
Sugars, total g 57.56 4.874 3 LC 8 28. Starch g Minerals: Calcium, Ca mg 3 0.356 10 1 2 Iron, Fe mg 0.23 0.085 10 1 0 Magnesium, Mg mg 2 0.503 10 1 1 Phosphorus, P mg 8 1.376 6 1 4 Potassium, K mg 5 1.162 10 1 3	
Minerals: Oliversity Calcium, Ca. mg 3 0.356 10 1 2 Iron, Fe. mg 0.23 0.085 10 1 0 Magnesium, Mg. mg 2 0.503 10 1 1 Phosphorus, P. mg 8 1.376 6 1 4 Potassium, K. mg 5 1.162 10 1 3	
Calcium, Ca. mg 3 0.356 10 1 2 Iron, Fe. mg 0.23 0.085 10 1 0 Magnesium, Mg. mg 2 0.503 10 1 1 1 Phosphorus, P. mg 8 1.376 6 1 4 Potassium, K. mg 5 1.162 10 1 3	
Iron, Fe. mg 0.23 0.085 10 1 0 Magnesium, Mg. mg 2 0.503 10 1 1 Phosphorus, P. mg 8 1.376 6 1 4 Potassium, K. mg 5 1.162 10 1 3	
Iron, Fe. mg 0.23 0.085 10 1 0 Magnesium, Mg. mg 2 0.503 10 1 1 Phosphorus, P. mg 8 1.376 6 1 4 Potassium, K. mg 5 1.162 10 1 3	2 0 0
Magnesium, Mg mg 2 0.503 10 1 1 Phosphorus, P mg 8 1.376 6 1 4 Potassium, K mg 5 1.162 10 1 3	0.12 0.02 0.0
Phosphorus, Pmg 8 1.376 6 1 4 Potassium, Kmg 5 1.162 10 1 3	1 0 0
1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 1 1
· · · · · · · · · · · · · · · · · · ·	3 0 0
	0 6 6
Zinc, Znmg 0.04 0.015 10 1	0.02 0.00 0.0
Copper, Cumg 0.097 2 1	0.049 0.007 0.0
••	0.004 0.001 0.0
	0.8 0.1 0.1
Vitamins:	
Vitamin C, total ascorbic acidmg 0.0 0.000 5 1	0.0 0.0 0.0
Thiaminmg 0.001 0.000 5 1 0	0.001 0.000 0.0
Riboflavinmg 0.001 0.000 4 1 0	0.001 0.000 0.0
Niacinmg 0.078 0.015 5 1 0	0.039 0.005 0.0
Pantothenic acidmg 0.005 1 1 0	0.003 0.000 0.0
Vitamin B-6	0.002 0.000 0.0
Folate, total	0 0 0
Folic acidµg 0 0 z 7	0 0 0
Folate, foodµg 1 0 FLA 4 0	0 0 0
Folate, DFE	0 0 0
Choline, total	0.0 0.0 0.0
Betainemg	
Vitamin B-12	0.00 0.00 0.0
Vitamin B-12, addedµg 0.00 0 Z 7 0	0.00 0.00 0.0
Vitamin A, RAE	0 0 0
Retinolug 0 0 FLA 4 0	0 0
Carotene, beta	0 0 0
Carotene, alphaµg 0 0 FLA 4 0	0 0 0
Cryptoxanthin, betaµg 0 0 FLA 4 0	0 0 0
Vitamin A, IU	0 0 0
Lycopeneµg 0 0 FLA 4 0	0 0 0
Lutein + zeaxanthin	•
	0.00 0.00 0.0
	0.00 0.00 0.0
Tocopherol, betamg	
Tocopherol, gamma Mg	
Tocopherol, deltamg	
Tocorrienol, alpha	
Tocotrienol, betamg	
Tocotrienol, gammamg	
Tocotrienol, deltamg	
	0.0 0.0 0.0
Vitamin D	
	0.0 0.0 0.0
Dihydrophylloquinoneµg	-70
Menaquinone-4µg	

	<u>A</u> 1	mount in 10	00 grams	of edil	Amount in edible portion of common				
			Number	measures of food					
					Source C	onfidanca	_		
Nutrients and Units	Mean	Std. Erro			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 0.	056	0		4		0.028	0.004	0.004
4:0		000	0		4		0.000	0.000	0.000
6:0	0	000	0		4		0.000	0.000	0.000
8:0	0	000	0		4 4		0.000	0.000	0.000
10:0 12:0		000 000	0		4		0.000	0.000 0.000	0.000
13:0	0	000	U		-		0.000	0.000	0.000
14:0	-	001	0		4		0.001	0.000	0.000
15:0	-								
16:0	g 0.	040	0		4		0.020	0.003	0.003
17:0	9								
18:0	0	015	0		4		0.008	0.001	0.001
20:0									
22:0 24:0	-								
Fatty acids, total monounsaturated		080	0		4		0.040	0.006	0.006
14:1	0		-		_		0.010	******	
15:1	-								
16:1 undifferentiated	g 0.	004	0		4		0.002	0.000	0.000
17:1									
18:1 undifferentiated		076	0		4		0.038	0.005	0.005
20:1	0	000	0		4		0.000	0.000	0.000
22:1 undifferentiated	•	000	0		4		0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturated	-	047	0		4		0.024	0.003	0.003
18:2 undifferentiated	0	045	0		4		0.023	0.003	0.003
18:3 undifferentiated	-	001	0		4		0.001	0.000	0.000
18:4	g 0.	000	0		4		0.000	0.000	0.000
20:2 n-6 c,c	9								
20:3 undifferentiated	-								
20:4 undifferentiated	-	001	0		4		0.001	0.000	0.000
20:5 n-3 (EPA)	-	000	0		4		0.000	0.000	0.000
21:5 22:4	-								
22:5 n-3 (DPA)		000	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)	0	000	0		4		0.000	0.000	0.000
Fatty acids, total trans	g								
Cholesterol	_	0	.023 4		1		0	0	0
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.	000	0		1		0.000	0.000	0.000
Threonine	g 0.	035	0		1		0.018	0.002	0.003
Isoleucine	0	028	0		1		0.014	0.002	0.002
Leucine	0	066	0		1		0.033	0.005	0.005
Lysine		077	0		1		0.039	0.005	0.006
Methionine	0	015 002	0		1 1		0.008 0.001	0.001	0.001
CystinePhenylalanine		042	0		1		0.001	0.000 0.003	0.000
Tyrosine		010	0		1		0.021	0.003	0.003
Valine		050	0		1		0.025	0.004	0.004
Arginine	0	147	0		1		0.074	0.010	0.011
Histidine	g 0.	017	0		1		0.009	0.001	0.001
Alanine	0	180	0		1		0.090	0.013	0.013
Aspartic acid		121	0		1		0.061	0.008	0.009
Glutamic acid	0	208	0		1		0.104	0.015	0.015
Glycine		416	0		1		0.208	0.029	0.030
Proline		275 061	0		1 1		0.138 0.031	0.019 0.004	0.020 0.004
Serine		001	U		1		0.031	0.004	0.004
Others:	2	•	_		4		2 2		• -
Alcohol, ethyl	-	U	0 0	FLA FLA	4 4		0.0	0.0 0	0.0 0
Caffeine	my 0		U	гцА	*		U	U	U

NDB No. 19116 Candies, marshmallows

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 cup of miniature Measure 2 = 7.0g: 10 miniatures Measure 3 = 7.2g: 1 regular

Calories Factors: Protein 3.9 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

		Amou	nt in 100 gr	ams	of edi	bie portio	<u>n</u>	Amount in edible portion of common			
			Nun	nbei	r			<u>m</u>	easures of fo	od_	
						Source (Confidence				
Nutrients and Un	its	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure	
rian ionio ana on								mododio i	modouro 2	mododio (
Proximates:											
Water	g	1.50	0.054	9	A	1		0.11	0.66	2.53	
Energy		535		0	NC	4		37	235	899	
Energy	kJ	2239		0	NC	4		157	985	3762	
Protein (N x 6.25)	g	7.65	0.281	9	A	1		0.54	3.37	12.86	
Total lipid (fat)	g	29.66	0.230	9	A	1		2.08	13.05	49.83	
Ash	-	1.78	0.036	9	A	1		0.12	0.78	2.99	
Carbohydrate, by difference		59.40		0	NC	4		4.16	26.14	99.80	
Fiber, total dietary		3.4	0.132	9	A	1		0.2	1.5	5.7	
Sugars, total		51.50	0.495	9	A	1		3.60	22.66	86.52	
Starch	g										
Minerals:											
Calcium, Ca	mg	189	0.333		A	1		13	83	317	
Iron, Fe	-	2.35	1.043		A	1		0.16	1.03	3.94	
Magnesium, Mg		63	3.153		A	1		4	28	105	
Phosphorus, P	-	208	6.583		A	1		15	92	350	
Potassium, K	-	372			A	1		26	164	626	
Sodium, Na	-	79	8.597		A	1 4		6	35	132	
Zinc, Zn Copper, Cu		2.30 0.491	0.083	0 27	FLA A	1		0.16 0.034	1.01 0.216	3.86 0.82	
Manganese, Mn	-	0.471	0.003	27	A	1		0.034	0.216	0.82	
Selenium, Se		4.5	0.173		A	1		0.3	2.0	7.5	
,			*****			_				, , ,	
Vitamins:				_	_						
Vitamin C, total ascorbic acid	-	0.0 0.112	0.007	1 5	A A	1 1		0.0 0.008	0.0	0.0	
ThiaminRiboflavin	-	0.112	0.007	5	A	1		0.008	0.049 0.131	0.18 0.50	
Niacin	-	0.386	0.018	5	A	1		0.027	0.131	0.64	
Pantothenic acid	-	0.472	0.041	5	A	1		0.033	0.208	0.79	
Vitamin B-6	-	0.036	0.001	5	A	1		0.002	0.016	0.06	
Folate, total	-	12	0.802	5	A	1		1	5	20	
Folic acid		0		0	FLA	4		0	0	0	
Folate, food	µg	11		0	FLC	4		1	5	19	
Folate, DFE	µg	11		0	NC	4		1	5	19	
Choline, total	mg	46.1		1	A	1		3.2	20.3	77.5	
Betaine	mg	2.6		1	A	1		0.2	1.2	4.4	
Vitamin B-12	µg	0.75		0	NR	4		0.05	0.33	1.27	
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin A, RAE		59		0	NC	4		4	26	98	
Retinol		59		0	FLA	4		4	26	98	
Carotene, beta		0	0.000	4	A	1 1		0	0	0	
Carotene, alpha		0 0	0.000	4	A A	1		0 0	0	0	
Cryptoxanthin, beta Vitamin A, IU		195	0.000	0	NC	4		14	86	328	
Lycopene		0	0.000	4	A	1		0	0	0	
Lutein + zeaxanthin		6	0.000	0	FLA	4		0	3	10	
Vitamin E (alpha-tocopherol)		0.51		0	FLA	4		0.04	0.22	0.85	
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.00	
Tocopherol, beta		0.00		0	FLA	4		0.00	0.00	0.00	
Tocopherol, gamma		0.92		0	FLA	4		0.06	0.41	1.55	
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D		0		0	Z	7		0	0	0	
Vitamin K (phylloquinone)	µg	5.7	0.585	4	A	1		0.4	2.5	9.6	
Dihydrophylloquinone		0.0	0.000	4	A	1		0.0	0.0	0.0	

									Amount in edible portion of common measures of food		
				N	ım be r				measures of food		
				0	f Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std	.Error l	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>		10.5	.00		0	NR	4		1 000	8.144	31 004
Fatty acids, total saturated		18.5			0	NR NR	4		1.296 0.025	0.157	31.094 0.601
4:0 6:0	-	0.0			0	NR NR	4		0.023	0.137	0.166
	_	0.1			0	NR NR	4		0.007	0.044	0.187
8:0 10:0	_	0.2			0	NR NR	4		0.008	0.108	0.187
12:0	_	0.2			0	NR NR	4		0.017	0.112	0.413
13:0		0.2		0.00		A A	1		0.000	0.000	0.426
	_	1.1		0.00	0	NR	4				1.988
14:0					0		4		0.083	0.521 0.000	
15:0		0.0			0	NR NR	4		0.000		0.000
16:0	_	8.3			0		4		0.583	3.666	13.998
17:0	-	0.0			0	NR	4		0.001	0.006	0.022
18:0		7.8				NR			0.548	3.448	13.164
20:0	_	0.0			0	NR	4		0.005	0.031	0.119
22:0	•	0.0			0	NR	4		0.000	0.003	0.011
24:0		0.0		0.00		A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated	_	7.1			0	NR	4		0.503	3.162	12.072
14:1		0.0			0	NR	4		0.000	0.000	0.000
15:1	_	0.0		0.00		A	1		0.000	0.000	0.000
16:1 undifferentiated	_	0.4			0	NR	4		0.028	0.179	0.683
17:1	g	0.0			0	NR	4		0.000	0.000	0.000
18:1 undifferentiated	g	6.0	76		0	NR	4		0.425	2.673	10.208
18:1 c	g	6.0	76		0	NR	4		0.425	2.673	10.208
18:1 t	g	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7)	g										
20:1	g	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
22:1 undifferentiated	g	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
24:1 c	g	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.3	376		0	NR	4		0.096	0.606	2.312
18:2 undifferentiated	g	1.2	18		0	NR	4		0.085	0.536	2.046
18:3 undifferentiated	g	0.1	.22		0	NR	4		0.009	0.054	0.205
18:3 n-3 c,c,c (ALA)	g	0.1	.22		0	NR	4		0.009	0.054	0.205
18:3 n-6 c,c,c	g	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
18:3i	g										
18:4	g	0.0	00		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c	g	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
20:3 undifferentiated	-	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
20:3 n-3	q										
20:3 n-6											
20:4 undifferentiated		0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
20:4 n-6	_										
20:5 n-3 (EPA)	-	0.0	00	0.00	0 4	A	1		0.000	0.000	0.000
21:5											
22:4											
22:5 n-3 (DPA)		0.0	00		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)		0.0	00		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans											
Cholesterol		23			1	A	1		2	10	38
Phytosterols		_3			_		_		-		
Stigmasterol		16			1	A	1		1	7	27
Campesterol		6			1	A	1		0	3	10
Beta-sitosterol		37			1	A	1		3	16	62
Deta-Situsterul	9	31			_	A	-		3	10	02
Others:											
Alcohol, ethyl	g	0.0)		0	FLA	4		0.0	0.0	0.0
Caffeine	mg	20		0.00	0 9	A	1		1	9	34

Common Measures:

Candies, milk chocolate

Measure 1 = 7.0g: 1 bar, miniature Measure 2 = 44g: 1 bar (1.55 oz) Measure 3 = 168g: 1 cup chips

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10			ble porti	<u>on</u>		edible portion easures of fo	
				Number				<u>m</u>	easures of for	<u>oa</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	2.4	2	0	RA	4		0.68		
Water		549	2	0	NC NC	4		156		
Energy				0						
Energy		2298 7.4		0	NC	4 4		651		
Protein	-			0	RA			2.10		
Total lipid (fat)		33.1		0	0	4 4		9.41 0.50		
Ash		1.7		-	RA					
Carbohydrate, by difference		55.2		0	NC	4		15.66		
Fiber, total dietary		5.7		-	RA	4		1.6		
Sugars, total		50.7		0	RA	4		14.39		
Sucrose		0.0	U	0	RA	4		0.00		
Glucose (dextrose)										
Fructose										
Lactose										
Maltose										
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	169		0	RA	4		48		
Iron, Fe		2.2	9	0	RA	4		0.65		
Magnesium, Mg		64		0	RA	4		18		
Phosphorus, P		188		0	RA	4		53		
Potassium, K		413		0	RA	4		117		
Sodium, Na	mg	70		0	RA	4		20		
Zinc, Zn	mg	2.0	2	0	RA	4		0.57		
Copper, Cu	mg	0.4	92	0	RA	4		0.139		
Manganese, Mn	mg	0.5	35	0	RA	4		0.152		
Selenium, Se	µg	4.3		0	RA	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.0	98	0	RA	4		0.028		
Riboflavin	mg	0.3	15	0	RA	4		0.089		
Niacin	mg	0.3	32	0	RA	4		0.094		
Pantothenic acid	mg	0.4	53	0	RA	4		0.128		
Vitamin B-6	mg	0.0	31	0	RA	4		0.009		
Folate, total	µg	10		0	RA	4		3		
Folic acid	µg	0		0	RA	4		0		
Folate, food	µg	10		0	RA	4		3		
Folate, DFE	µg	10		0	NC	4		3		
Choline, total	g	40.5		0	RA	4		11.5		
Betaine	mg									
Vitamin B-12		0.6		0	RA	4		0.18		
Vitamin B-12, added	µg	0.0	0	0	RA	4		0.00		
Vitamin A, RAE		51		0	NC	4		14		
Retinol		51		0	RA	4		14		
Carotene, beta		0		0	RA	4		0		
Carotene, alpha		0		0	RA	4		0		
Cryptoxanthin, beta		0		0	RA	4		0		
Vitamin A, IU		168		0	NC	4		48		
Lycopene		0		0	RA	4		0		
Lutein + zeaxanthin		5		0	RA	4		1		
Vitamin E (alpha-tocopherol)		0.4		0	RA	4		0.12		
Vitamin E, added		0.0	U	0	RA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	g									

		Amount in 100 grams of edible portion								Amount in edible portion of common measures of food		
					Number				<u> </u>	easures or roc	<u>u</u>	
							Source	Confidence				
Nutrients and Units		Mean	Std	Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, delta	-		•				_					
Vitamin D (D2 + D3)		0.0	U		0	AS	1 4		0.0			
Vitamin D		5.	4		0	FLA RA	4		0 1.5			
Vitamin K (phylloquinone) Dihydrophylloquinone		5.	*		U	KA	4		1.5			
Menaquinone-4												
Lipids:												
Fatty acids, total saturated	a	18.	138		0	NC	4		5.142			
4:0	-		633		0	RA	4		0.179			
6:0	_		229		0	RA	4		0.065			
8:0	-		131		0	RA	4		0.037			
10:0	-	0.	248		0	RA	4		0.070			
12:0	.g	0.	272		0	RA	4		0.077			
13:0	.g	0.	000		0	RA	4		0.000			
14:0	.g	0.	835		0	RA	4		0.237			
15:0	.g	0.	086		0	RA	4		0.024			
16:0	.g	7.	652		0	RA	4		2.169			
17:0	.g	0.	082		0	RA	4		0.023			
18:0	.g	7.	717		0	RA	4		2.188			
20:0			229		0	RA	4		0.065			
22:0	_		023		0	RA	4		0.007			
24:0			000		0	RA	4		0.000			
Fatty acids, total monounsaturated		13.			0	NC	4		3.894			
14:1	_		203		0	RA	4		0.058			
15:1	_		000		0	RA	4		0.000			
16:1 undifferentiated	_		386		0	RA	4		0.109			
17:1		13.	057		0	RA RA	4 4		0.016			
18:1 undifferentiated 20:1			000		0	RA RA	4		3.711 0.000			
22:1 undifferentiated			000		0	RA RA	4		0.000			
24:1 c			000		0	RA	4		0.000			
Fatty acids, total polyunsaturated			310		0	NC	4		0.371			
18:2 undifferentiated			236		0	RA	4		0.350			
18:3 undifferentiated			074		0	RA	4		0.021			
18:4	-		000		0	RA	4		0.000			
20:2 n-6 c,c	_		000		0	RA	4		0.000			
20:3 undifferentiated		0.	000		0	RA	4		0.000			
20:4 undifferentiated		0.	000		0	RA	4		0.000			
20:5 n-3 (EPA)	.g	0.	000		0	RA	4		0.000			
21:5	.g											
22:4	.g											
22:5 n-3 (DPA)	.g	0.	000		0	RA	4		0.000			
22:6 n-3 (DHA)	.g		000		0	RA	4		0.000			
Fatty acids, total trans			000		0	RA	4		0.000			
Fatty acids, total trans-monoenoic		0.	000		0	RA	4		0.000			
Fatty acids, total trans-polyenoic												
Cholesterol		20			0	RA	4		6			
Phytosterols	mg											
Others:												
Alcohol, ethyl	.g	0.	0		0	RA	4		0.0			
Caffeine		800			0	RA	4		227			
Theobromine	.mg	178			0	RA	4		50			

Common Measures:

Measure 1 = 28.35g: 1 oz

Candies, milk chocolate coated coffee beans

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 gr	ram s	of edil	ole portio	<u>n</u>	Amount in e	edible portion	of common
			Nur	nber	•			m	easures of fo	od
						Source (Confidence	_		
Nutrients and Ur	nits	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:	a	1.90	0.100	3		1		2.83	0.76	
Water	-	519	0.100	0	NC	4		774	208	
Energy		2172		0	NC	4		3236	208 869	
Energy			0.910	5	NC	1				
Protein (N x 5.8)		13.10		5		1		19.52	5.24	
Total lipid (fat)	-	33.50	0.626	3		1		49.92	13.40	
Ash	-	1.80	0.076					2.68	0.72	
Carbohydrate, by difference		49.70		0	NC	4		74.05	19.88	
Fiber, total dietary		4.7		0	FLM	4		7.1	1.9	
Sugars, total		37.59		0	FLM	4		56.00	15.03	
Starch	g									
Minerals: Calcium, Ca	ma	104	15.972	5		1		155	42	
Iron, Fe	_	1.31	0.074			1		1.95	0.52	
Magnesium, Mg		96	0.071	0	FLM	4		143	38	
Phosphorus, P		212		2		1		316	85	
Potassium, K	_	502	10.786	3		1		748	201	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	41	2.618	3		1		61	16	
Zinc, Zn	_	2.60		0	FLM	4		3.87	1.04	
Copper, Cu		0.544		0	FLM	4		0.811	0.218	
Manganese, Mn	mg	0.945		0	FLM	4		1.408	0.378	
Selenium, Se		5.4		0	FLM	4		8.0	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		0	FLM	4		0.0	0.0	
Thiamin	_	0.116	0.005	4		1		0.173	0.046	
Riboflavin	_	0.174	0.025	5		1		0.259	0.070	
Niacin	_	4.249	0.644	5		1		6.331	1.700	
Pantothenic acid	_	0.744		0	FLM	4		1.108	0.297	
Vitamin B-6		0.100		0	FLM	4		0.150	0.040	
Folate, total	_	51		0	FLM	4		76	20	
Folic acid		0		0	FLM	4		0	0	
Folate, food	· -	51		0	FLM	4		75	20	
Folate, DFE		51		0	NC	4		75	20	
Choline, total	mg	47.8		0	0	4		71.2	19.1	
Betaine	_									
Vitamin B-12	_	0.53		0	FLM	4		0.79	0.21	
Vitamin B-12, added	µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE	µg	41		0	NC	4		62	17	
Retinol	µg	41		0	FLM	4		62	17	
Carotene, beta	µg	0		0	FLM	4		0	0	
Carotene, alpha	µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLM	4		0	0	
Vitamin A, IU	<u>IU</u>	131		0	FLM	4		195	52	
Lycopene	µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	µg	4		0	FLM	4		6	2	
Vitamin E (alpha-tocopherol)	mg	2.40		0	FLM	4		3.57	0.96	
Vitamin E, added		0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				_	-	_		<u> </u>		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		4.0		0	FLM	4		6.0	1.6	
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am o</u>	unt in 100 g		Amount in edible portion of common measures of food				
			ımber				casares or rec	<u>. u</u>
Nutrients and Units	Mean S	of td. Error P			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	14.600		0	FLM	4	21.754	5.840	
4:0g	0.453		0	FLM	4	0.675	0.181	
6:0g	0.030		1		1	0.045	0.012	
8:0g	0.040		1		1	0.060	0.016	
10:0g	0.090		1		1	0.134	0.036	
12:0g	0.090		1		1	0.134	0.036	
13:0g	0.000		0	FLM	4	0.000	0.000	
14:0g	0.604		0	FLM	4	0.900	0.242	
15:0g	0.062		0	FLM	4	0.092	0.025	
16:0g	6.696		0	FLM	4	9.977	2.678	
17:0g	0.059		0	FLM	4	0.088	0.024	
18:0g	5.782		0	FLM	4	8.615	2.313	
20:0g	0.154		0	FLM	4	0.230	0.062	
22:0g	0.017		0	FLM	4	0.025	0.007	
24:0g	0.000		0	FLM	4	0.000	0.000	
Fatty acids, total monounsaturatedg	12.920		0	FLM	4	19.251	5.168	
14:1g	0.047		0	FLM	4	0.070	0.019	
15:1g	0.000		0	FLM	4	0.000	0.000	
16:1 undifferentiatedg	0.091		0	FLM	4	0.136	0.037	
17:1g	0.013		0	FLM	4	0.020	0.005	
18:1 undifferentiatedg	12.550		1		1	18.700	5.020	
20:1g	0.137		0	FLM	4	0.205	0.055	
22:1 undifferentiatedg	0.000		0	FLM	4	0.000	0.000	
24:1 cg	0.000		0	FLM	4	0.000	0.000	
Fatty acids, total polyunsaturatedg	4.330		0	FLM	4	6.452	1.732	
18:2 undifferentiated	4.222		0	FLM	4	6.290	1.689	
18:3 undifferentiatedg	0.040		0	FLM	4	0.060	0.016	
18:4g	0.000		0	FLM	4	0.000	0.000	
20:2 n-6 c,cg	0.000		0	FLM	4	0.000	0.000	
20:3 undifferentiatedg	0.000		0	FLM	4	0.000	0.000	
20:4 undifferentiatedg	0.000		0	FLM	4	0.000	0.000	
20:5 n-3 (EPA)g	0.000		0	FLM	4	0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000		0	FLM	4	0.000	0.000	
22:6 n-3 (DHA)g	0.000		0	FLM	4	0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	9		2		1	13	4	
Phytosterolsmg								
Others:	0.0		•			0.0		
Alcohol, ethylg	0.0		0	FLM	4	0.0	0.0	
Caffeinemg	14		0	FLM	4	21	6	
Theobrominemg	145		0	FLM	4	216	58	

Common Measures:

Measure 1 = 149g: 1 cup Measure 2 = 40g: 10 pieces

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 3.7

Food Group: 19 Sweets

Refuse:0%

		<u>Am ou</u>	nt in 100 g	rams	ot edi	bie portio	<u>on</u>	Amount in edible portion of common			
			Nu	m be	r			m	easures of foo	<u>od</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	ite	Mean Sto	d. Error P				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	แร	Weari St	u. 🗀 i Oi ·	Omito	Oouc		Oouc	Wiedsure i	Wedsure 2	weasure .	
Proximates:											
Water	g	11.20	2.282	2 7		1			20.16	1.12	
Energy	kcal	390		0	NC	4			702	39	
Energy	kJ	1631		0	NC	4			2935	163	
Protein (N x 6.2)	g	4.10	0.299	8		1			7.38	0.41	
Total lipid (fat)	g	14.80	1.152	2 7		1			26.64	1.48	
Ash	g	1.50	0.074	. 7		1			2.70	0.15	
Carbohydrate, by difference	g	68.40		0	NC	4			123.12	6.84	
Fiber, total dietary	g	3.1		0	FLC	4			5.6	0.3	
Sugars, total	g	62.22		0	LC	8			112.00	6.22	
Starch	g										
Minerals:											
Calcium, Ca	ma	86	14.400) 4		1			155	9	
Iron, Fe	_	1.71	0.329			1			3.08	0.17	
Magnesium, Mg	_	45	0.525	0	FLC	4			81	4	
Phosphorus, P		143		2		1			257	14	
Potassium, K		514		2		1			925	51	
Sodium, Na	-	36		2		1			65	4	
Zinc, Zn	mg	1.25		0	FLC	4			2.25	0.12	
Copper, Cu	mg	0.373		0	FLC	4			0.671	0.03	
Manganese, Mn	mg	0.358		0	FLC	4			0.644	0.03	
Selenium, Se	µg	2.6		0	FLC	4			4.7	0.3	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2		2		1			0.4	0.0	
Thiamin	_	0.084	0.005			1			0.151	0.00	
Riboflavin	_	0.161	0.037			1			0.290	0.01	
Niacin	_	0.400		2		1			0.720	0.04	
Pantothenic acid	-	0.264		0	FLC	4			0.476	0.02	
Vitamin B-6	-	0.074		0	FLC	4			0.134	0.00	
Folate, total	µg	8		0	FLC	4			14	1	
Folic acid	µg	0		0	FLC	4			0	0	
Folate, food	µg	7		0	FLC	4			13	1	
Folate, DFE	µg	7		0	NC	4			13	1	
Choline, total	mg	26.3		0	FLC	4			47.3	2.6	
Betaine	mg										
Vitamin B-12	µg	0.37		0	FLC	4			0.67	0.04	
Vitamin B-12, added	µg	0.00		0	FLC	4			0.00	0.00	
Vitamin A, RAE		29		0	NC	4			52	3	
Retinol		29		0	FLC	4			52	3	
Carotene, beta		0		0	FLC	4			0	0	
Carotene, alpha		0		0	FLC	4			0	0	
Cryptoxanthin, beta		0		0	FLC	4			0	0	
Vitamin A, IU		91		0	FLC	4			163	9	
Lycopene		0		0	FLC	4			0	0	
Lutein + zeaxanthin		3 0.29		0	FLC FLC	4 4			6 0.52	0 0.03	
Vitamin E (alpha-tocopherol) Vitamin E, added		0.29		0	FLC	4			0.52	0.03	
Tocopherol, beta		0.00		J	FLC	7			0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	_										
Vitamin D (D2 + D3)		0.0		0	Z	7			0.0	0.0	
Vitamin D	IU	0		0	Z	7			0	0	
Vitamin K (phylloquinone)	µg	3.9		0	FLC	4			7.1	0.4	
Dihydrophylloquinone	µg										
Menaquinone-4	па										

		<u>An</u>	ount in 10	0 gram	Amount in edible portion of common					
				Num be	r			<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source (Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	10.2	72	0	NC	4			18.489	1.027
4:0	g	0.3	60	0	FLC	4			0.648	0.036
6:0	g	0.1	.30	0	FLC	4			0.234	0.013
8:0	g	0.0	74	0	FLC	4			0.134	0.007
10:0	g	0.1	41	0	FLC	4			0.254	0.014
12:0	g	0.1	.55	0	FLC	4			0.279	0.015
13:0	g	0.0	00	0	FLC	4			0.000	0.000
14:0	g	0.4	75	0	FLC	4			0.855	0.047
15:0	g	0.0	49	0	FLC	4			0.088	0.005
16:0	g	4.3		0	FLC	4			7.742	0.430
17:0		0.0		0	FLC	4			0.084	0.005
18:0	-	4.4		0	FLC	4			7.926	0.440
20:0		0.1		0	FLC	4			0.221	0.012
22:0	•	0.0		0	FLC	4			0.025	0.001
24:0	-	0.0		0	FLC	4			0.000	0.000
Fatty acids, total monounsaturated	-	3.1	.34	0	NC	4			5.641	0.313
14:1	_									
15:1		0.0		0	FLC	4			0.000	0.000
16:1 undifferentiated		0.1		0	FLC	4			0.182	0.010
17:1	_	0.0		0	FLC	4			0.024	0.001
18:1 undifferentiated	-	3.0		0	FLC	4			5.435	0.302
20:1	-	0.0		0	FLC	4			0.000	0.000
22:1 undifferentiated	_	0.0		0	FLC	4			0.000	0.000
24:1 c	_	0.0		0	FLC	4			0.000	0.000
Fatty acids, total polyunsaturated		0.5		0	NC	4			1.028	0.057
18:2 undifferentiated	_	0.5		0	FLC	4			0.961	0.053
18:3 undifferentiated		0.0		0	FLC	4			0.067	0.004
18:4	_	0.0		0	FLC	4			0.000	0.000
20:2 n-6 c,c		0.0		0	FLC	4			0.000	0.000
20:3 undifferentiated		0.0		0	FLC	4			0.000	0.000
20:4 undifferentiated		0.0		0	FLC	4 4			0.000	0.000
20:5 n-3 (EPA)	_	0.0	00	U	FLC	4			0.000	0.000
21:5	-									
22:4		0.0	00	0	FLC	4			0.000	0.000
22:5 n-3 (DPA)	-			0		4				
22:6 n-3 (DHA)		0.0	00	U	FLC	4			0.000	0.000
Cholesterol	-	3	1	638 3		1			5	0
Phytosterols	-	3	1.	000 3		_			5	U
1 119105161015										
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4			0.0	0.0
Caffeine	mg	10		0	FLC	4			19	1
Theobromine	mg	122		0	FLC	4			220	12

Common Measures:

Measure 2 = 180g: 1 cup Measure 3 = 10.0g: 10 pieces

Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.6

Food Group: 19 Sweets

		Alliot	unt in 100 gr	aiiis	or eur	bie portion		Amount in edible portion of common			
			Nur	nber	r			<u>m</u>	easures of fo	<u>od</u>	
			of	Data	Deriv	Source Co	nfidence				
Nutrients and Uni	its	Mean S	td. Error Po				Code	Measure 1	Measure 2	Measure	
Nati lents and on		Mean o	та. штог					weasure r	Wedsuic 2	Measure	
Proximates:											
Water	g	1.50	0.210	9		1		0.62	0.66		
Energy	kcal	526		0	NC	4		216	231		
Energy	kJ	2200		0	NC	4		902	968		
Protein (N x 5.9)		9.00	0.319	13		1		3.69	3.96		
Total lipid (fat)		34.40	0.790	14		1		14.10	15.14		
Ash		1.70	0.017	9		1		0.70	0.75		
Carbohydrate, by difference	_	53.40		0	NC	4		21.89	23.50		
Fiber, total dietary		6.2		1		1		2.5	2.7		
Sugars, total		43.90		0	LC	8		18.00	19.32		
Starch											
Starcii	9										
Minerals:											
Calcium, Ca	-	224	13.194			1		92	99		
Iron, Fe	_	1.63	0.225			1		0.67	0.72		
Magnesium, Mg		90	5.285	6		1		37	40		
Phosphorus, P		264	14.134			1		108	116		
Potassium, K	-	444	6.652			1		182	195		
Sodium, Na	_	74	8.195			1		30	33		
Zinc, Zn	_	1.34	0.197	6		1		0.55	0.59		
Copper, Cu		0.422	0.033	5		1		0.173	0.186		
Manganese, Mn		0.624	0.056			1		0.256	0.275		
Selenium, Se	µg	4.0		0	FLA	4		1.6	1.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		2		1		0.1	0.1		
Thiamin	mg	0.060	0.007	11		1		0.025	0.026		
Riboflavin	mg	0.435	0.027	12		1		0.178	0.191		
Niacin	_	0.742	0.086	8		1		0.304	0.326		
Pantothenic acid	mg	0.455		0	FLM	4		0.186	0.200		
Vitamin B-6	-	0.045		0	FLM	4		0.018	0.020		
Folate, total	uq	14		0	FLM	4		6	6		
Folic acid		0		0	FLM	4		0	0		
Folate, food	µg	13		0	FLM	4		5	6		
Folate, DFE		13		0	NC	4		5	6		
Choline, total		46.8		0	FLM	4		19.2	20.6		
Betaine	_										
Vitamin B-12		0.67		0	FLM	4		0.28	0.30		
Vitamin B-12, added		0.00		0	FLM	4		0.00	0.00		
Vitamin A, RAE	µg	52		0	NC	4		21	23		
Retinol		52		0	FLM	4		21	23		
Carotene, beta	µg	0		0	FLM	4		0	0		
Carotene, alpha		0		0	FLM	4		0	0		
Cryptoxanthin, beta		0		0	FLM	4		0	0		
Vitamin A, IU		175		0	NC	4		72	77		
Lycopene		0		0	FLM	4		0	0		
Lutein + zeaxanthin		6		0	FLM	4		2	2		
Vitamin E (alpha-tocopherol)		3.14		0	FLM	4		1.29	1.38		
Vitamin E, added		0.00		0	FLM	4		0.00	0.00		
Tocopherol, beta	_	- · · · · ·			_						
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	z	7		0	0		
Vitamin K (phylloquinone)		5.1		0	FLM	4		2.1	2.2		
Dihydrophylloquinone				-				=-=			
Menaquinone-4											

of Data Deriv Source Confidence	res of food
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 1 Lipids: Fatty acids, total saturated	
Fatty acids, total saturated	asure 2 Measure 3
Fatty acids, total saturated 9 17.701 0 NC 4 7.258 4:0	
Fatty acids, total saturated 9 17.701 0 NC 4 7.258 4:0	
4:0	7.789
6:0	0.269
	0.097
8:0g 0:126 0 FEM 4 0:032	0.056
10:0	0.105
12:0	0.116
13:0	0.000
14:0	0.355
15:0	0.037
16:0	3.327
17:0	0.035
18:0	3.291
20:0	0.092
22:0	0.010
24:0	0.000
Fatty acids, total monounsaturated	5.262
14:1	0.048
15:1	0.048
16:1 undifferentiated	0.107
17:1	0.014
18:1 undifferentiated	5.093
20:1	0.000
22:1 undifferentiated	0.000
22:1 undifferentiated	0.000
	1.328
Fatty acids, total polyunsaturated	1.292
18:2 undifferentiated	0.036
18:4	0.000
20:2 n-6 c,c	0.000
· · · · · · · · · · · · · · · · · · ·	0.000
20:3 undifferentiated 9 0.000 0 FLM 4 0.000 20:4 undifferentiated 9 0.000 0 FLM 4 0.000	0.000
20:5 n-3 (EPA)	0.000
20:5 n-3 (EPA)	0.000
21:5	
22:5 n-3 (DPA)	0.000
	0.000
22:6 n-3 (DHA)	0.000
Cholesterolmg 19 1.933 8 1 8	8
Phytosterolsmg	J
Others:	
Alcohol, ethyl	
Caffeine	0.0
Theobrominemg 183 0 FLM 4 75	0.0

Common Measures:

Measure 1 = 41g: 1 bar (1.45 oz) Measure 2 = 44g: 1 bar (1.55 oz)

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 3.7

Food Group: 19 Sweets

Refuse:0%

		AII	ount in 10	u grams	or edil	oie porti	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.5	2	0	FLC	4		0.61	0.69	0.72	
Energy	kcal	511		0	NC	4		204	230	240	
Energy	kJ	2136		0	NC	4		855	961	1004	
Protein (N x 6.2)	g	7.6	4	0	FLC	4		3.06	3.44	3.59	
Total lipid (fat)	g	29.3	7	0	FLC	4		11.75	13.22	13.81	
Ash	g	1.7	8	0	FLC	4		0.71	0.80	0.84	
Carbohydrate, by difference	g	59.6	7	0	FLC	4		23.87	26.85	28.05	
Fiber, total dietary	g	3.3		0	FLC	4		1.3	1.5	1.6	
Sugars, total	g	51.0	6	0	FLC	4		20.42	22.98	24.00	
Starch	g										
Minerals:											
Calcium, Ca	ma	187		0	FLC	4		75	84	88	
Iron, Fe	_	2.6	5	0	FLC	4		1.06	1.19	1.25	
Magnesium, Mg	_	62		0	FLC	4		25	28	29	
Phosphorus, P		207		0	FLC	4		83	93	97	
Potassium, K		370		0	FLC	4		148	166	174	
Sodium, Na	-	86		0	FLC	4		34	39	40	
Zinc, Zn	mg	2.2	9	0	FLC	4		0.92	1.03	1.08	
Copper, Cu	mg	0.4	88	0	FLC	4		0.195	0.219	0.22	
Manganese, Mn	mg	0.4	77	0	FLC	4		0.191	0.215	0.22	
Selenium, Se	µg	4.6		0	FLC	4		1.8	2.1	2.2	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.6		0	FLC	4		0.3	0.3	0.3	
Thiamin	_	0.1	31	0	FLC	4		0.052	0.059	0.06	
Riboflavin	mg	0.3	23	0	FLC	4		0.129	0.145	0.15	
Niacin	mg	0.6	72	0	FLC	4		0.269	0.302	0.31	
Pantothenic acid	mg	0.4	71	0	FLC	4		0.188	0.212	0.22	
Vitamin B-6	mg	0.0	55	0	FLC	4		0.022	0.025	0.02	
Folate, total	µg	18		0	FLC	4		7	8	8	
Folic acid	µg	6		0	FLC	4		2	3	3	
Folate, food	µg	11		0	FLC	4		4	5	5	
Folate, DFE	µg	21		0	NC	4		8	10	10	
Choline, total	mg	45.8		0	0	4		18.3	20.6	21.5	
Betaine	mg										
Vitamin B-12	µg	0.8		0	FLC	4		0.32	0.36	0.38	
Vitamin B-12, added	µg	0.0	5	0	FLC	4		0.02	0.02	0.03	
Vitamin A, RAE		65		0	NC	4		26	29	31	
Retinol	µg	65		0	FLC	4		26	29	31	
Carotene, beta		0		0	FLC	4		0	0	0	
Carotene, alpha		0		0	FLC	4		0	0	0	
Cryptoxanthin, beta		0		0	FLC	4		0	0	0	
Vitamin A, IU		217		0	NC	4		87	98	102	
Lycopene		0		0	FLC	4		0	0	0	
Lutein + zeaxanthin		6	_	0	FLC	4		2	3	3	
Vitamin E (alpha-tocopherol)		0.5		0	FLC	4		0.20	0.23	0.24	
Vitamin E, added		0.0		0	FLC	4		0.00	0.00	0.00	
Tocopherol, beta		0.0		0	FLC	4		0.00	0.00	0.00	
Tocopherol, gamma		0.9	T	0	FLC	4		0.37	0.41	0.43	
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta		0.0		0	z	7		0.0	0 0	0.0	
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D Vitamin K (phylloquinone)		5.7		0	FLC	4		2.3	-		
				0		4			2.6	2.7	
Dihydrophylloquinone	µg µg	0.0		U	FLC	4		0.0	0.0	0.0	

		<u>Am</u>	ount in 10		Amount in edible portion of common measures of food					
				Number	r			<u></u>	easures or roc	<u>, u</u>
Nutrients and Uni	ts	Mean	Std. Error				onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	15.89	90	0	FLC	4		6.356	7.151	7.468
4:0	g	0.5	61	0	FLC	4		0.224	0.252	0.264
6:0	g	0.2	03	0	FLC	4		0.081	0.091	0.095
8:0	g	0.1	16	0	FLC	4		0.046	0.052	0.054
10:0	g	0.2	20	0	FLC	4		0.088	0.099	0.103
12:0	g	0.2	41	0	FLC	4		0.097	0.109	0.113
13:0	g	0.0	00	0	FLC	4		0.000	0.000	0.000
14:0	g	0.7	40	0	FLC	4		0.296	0.333	0.348
15:0	g	0.0	76	0	FLC	4		0.031	0.034	0.036
16:0	g	6.6		0	FLC	4		2.656	2.988	3.121
17:0		0.0		0	FLC	4		0.029	0.033	0.034
18:0	g	6.8	08	0	FLC	4		2.723	3.064	3.200
20:0	g	0.1	91	0	FLC	4		0.076	0.086	0.090
22:0	g	0.0		0	FLC	4		0.008	0.009	0.010
24:0	g	0.0	00	0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g	8.6	40	0	FLC	4		3.456	3.888	4.061
14:1	g	0.1	29	0	FLC	4		0.052	0.058	0.061
15:1	g	0.0		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated	g	0.2	44	0	FLC	4		0.098	0.110	0.115
17:1	g	0.0	37	0	FLC	4		0.015	0.017	0.018
18:1 undifferentiated	g	8.2	31	0	FLC	4		3.292	3.704	3.868
20:1	g	0.0	00	0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated	g	0.0	00	0	FLC	4		0.000	0.000	0.000
24:1 c	g	0.0	00	0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.7	80	0	FLC	4		0.312	0.351	0.367
18:2 undifferentiated	g	0.6	60	0	FLC	4		0.264	0.297	0.310
18:3 undifferentiated	g	0.0	44	0	FLC	4		0.018	0.020	0.021
18:4	g	0.0	00	0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c	g	0.0	00	0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated	g	0.0	00	0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated	g	0.0	00	0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.0	00	0	FLC	4		0.000	0.000	0.000
21:5	g	0.0	00	0	FLC	4		0.000	0.000	0.000
22:4	g	0.0	00	0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA)		0.0		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.0	00	0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans	-									
Cholesterol	mg	23		0	FLC	4		9	10	11
Phytosterols	mg									
Others:	_			_				•		
Alcohol, ethyl		0.0		0	FLC	4		0.0	0.0	0.0
Caffeine		20		0	FLC	4		8	9	9
Theobromine	mg	203		0	FLC	4		81	91	96

Common Measures:

Measure 1 = 40g: 1 bar (1.4 oz) Measure 2 = 45g: 1 bar (1.45 oz) Measure 3 = 47g: 1 bar (1.65 oz)

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 3.8

Food Group: 19 Sweets

		AIII	ount in 10	o grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Natificities and on		Mean	Ota. E101					incusure i	measure 2	Medsure
Proximates:										
Water	g	2.1	5	0	FLC	4		0.30		
Energy	kcal	398		0	NC	4		56		
Energy	kJ	1665		0	NC	4		233		
Protein	g	3.3	3	1	LC	8		0.47		
Total lipid (fat)	g	1.6	7	1	LC	8		0.23		
Ash	g	0.4	6	0	FLC	4		0.06		
Carbohydrate, by difference	g	92.3	9	0	NC	4		12.93		
Fiber, total dietary	g	3.3		1	LC	8		0.5		
Sugars, total	g	44.9	7	0	LC	8		6.30		
Starch										
	_									
Minerals:_										
Calcium, Ca	-	32	_	0	FLC	4		4		
Iron, Fe	-	0.5	9	0	FLC	4		0.08		
Magnesium, Mg		32		0	FLC	4		4		
Phosphorus, P		55		0	FLC	4		8		
Potassium, K	_	105		0	FLC	4		15		
Sodium, Na	-	33	2	1 0	LC	8 4		5		
Zinc, Zn	-	0.4		0	FLC FLC	4		0.06 0.019		
Copper, Cu		0.3		0	FLC	4		0.019		
Selenium, Se	-	2.6	0-1	0	FLC	4		0.4		
Selemum, Se	µ9	2.0		·	гдс	-		0.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.3		0	FLC	4		0.0		
Thiamin	mg	0.0	13	0	FLC	4		0.002		
Riboflavin	mg	0.1	48	0	FLC	4		0.021		
Niacin	mg	0.4	78	0	FLC	4		0.067		
Pantothenic acid	_	0.0	60	0	FLC	4		0.008		
Vitamin B-6	-	0.0	20	0	FLC	4		0.003		
Folate, total		5		0	FLC	4		1		
Folic acid		0		0	FLC	4		0		
Folate, food		4		0	FLC	4		1		
Folate, DFE		5		0	NC	4		1		
Choline, total	-	5.1		0	0	4		0.7		
Betaine			_							
Vitamin B-12		0.0		0	FLC	4		0.00		
Vitamin B-12, added		0.0	0	0	Z	7		0.00		
Vitamin A, RAE		0		0	FLC	4		0		
Retinol		0		0	FLC	-		0		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		1		0	FLC	4		0		
Vitamin A, IU		1 0		0	FLC	4		0		
Lycopene		1		0	FLC FLC	4 4		0		
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		2.7	7	0	FLC	4		0.39		
				0	Z	7				
Vitamin E, added		0.0	·	U	Z	,		0.00		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocoprierol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0		0	Z	7		0		
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0		
Dihydrophylloquinone		0.0		Ū	2110	-		0.0		
Menaquinone-4										

	Amount in			ble portion	Amount in edible portion of common measures of food		
		Number			<u>m</u>	easures of for	<u>oa</u>
		of Data	Deriv	Source Confidence	!		
N utrients and U nits	Mean Std. Er	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated	1.667	1	LC	8	0.233		
4:0g	0.000	0	FLC	4	0.000		
6:0g	0.000	0	FLC	4	0.000		
8:0g	0.000	0	FLC	4	0.000		
10:0g	0.000	0	FLC	4	0.000		
12:0g	0.000	0	FLC	4	0.000		
13:0g	0.000	0	FLC	4	0.000		
14:0g	0.002	0	FLC	4	0.000		
15:0g	0.000	0	FLC	4	0.000		
16:0g	1.340	0	FLC	4	0.188		
17:0g	0.000	0	FLC	4	0.000		
18:0g	0.324	0	FLC	4	0.045		
20:0g	0.000	0	FLC	4	0.000		
22:0g	0.000	0	FLC	4	0.000		
24:0g	0.000	0	FLC	4	0.000		
Fatty acids, total monounsaturatedg	0.000	1	LC	8	0.000		
14:1g	0.000	0	FLC	4	0.000		
15:1g							
16:1 undifferentiated	0.000	0	FLC	4	0.000		
17:1g							
18:1 undifferentiatedg	0.000	0	FLC	4	0.000		
20:1g	0.000	0	FLC	4	0.000		
22:1 undifferentiatedg	0.000	0	FLC	4	0.000		
24:1 cg	0.000	0	FLC	4	0.000		
Fatty acids, total polyunsaturatedg	0.000	1	LC	8	0.000		
18:2 undifferentiatedg	0.000	0	FLC	4	0.000		
18:3 undifferentiatedg	0.000	0	FLC	4	0.000		
18:4g	0.000	0	FLC	4	0.000		
20:2 n-6 c,cg	0.000	0	FLC	4	0.000		
20:3 undifferentiatedg	0.000	0	FLC	4	0.000		
20:4 undifferentiatedg	0.000	0	FLC	4	0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000		
21:5g							
22:4g		•					
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000		
Fatty acids, total transg	•	-		•			
Cholesterolmg	0	1	LC	8	0		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	FLC	4	0.0		
Caffeinemg	0	0	FLC	4	0		
Theobrominemg	0	0	FLC	4	0		

Common Measures:

Measure 1 = 14.0g: 1 piece

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

				Amount in 100 grams of edible portion									
		Nun	nber				measures of food						
					Source Co	nfidanca	_		_				
4_	M						M 4	M 0	M				
is	wean 5	ta. Error 10	iiits	Code	Code	Code	Measure 1	Measure 2	Measure (
	1.60	0.150	4		1		0.45	0.64	0.72				
kcal	522		0	NC	4		148	209	235				
kJ	2184		0		4		619	874	983				
g	15.50	1.151	4		1		4.39	6.20	6.98				
g	33.70	0.229	4		1		9.55	13.48	15.17				
-	1.90	0.089	3		1		0.54	0.76	0.86				
g	47.40		0	NC	4		13.44	18.96	21.33				
g			0	FLM	=		1.2	1.6	1.8				
g	42.22		0	LC	8		11.97	16.89	19.00				
g													
-	78		1		1		22	31	35				
	0.97		1		1		0.27	0.39	0.44				
	110		0	FLM			31		50				
-				FLM					138				
									183				
-									70				
									1.77 0.34				
-									0.54				
-									2.1				
µg	4.7		U	FIIM	-		1.3	1.9	2.1				
	0.0		•				0.0	0.0	0.0				
-				FLM					0.0				
-									0.04 0.06				
-		0 821							3.56				
-		0.021		ET.M					0.37				
									0.06				
-									34				
	0		0	FLM	4		0	0	0				
	75		0	FLM	4		21	30	34				
	75		0	NC	4		21	30	34				
	29.4		0	0	4		8.3	11.8	13.2				
mg													
µg	0.00		0	FLM	4		0.00	0.00	0.00				
µg	0.00		0	Z	7		0.00	0.00	0.00				
µg	0		0	FLM	4		0	0	0				
µg	0		0	FLM	4		0	0	0				
	0		0	FLM	4		0	0	0				
	0		0	FLM	4		0	0	0				
	0		0	FLM	4		0	0	0				
	_		0				-	0	0				
				FLM				-	0				
	_						-	-	0				
									1.85				
	0.00		0	Z	7		0.00	0.00	0.00				
-													
	0.0		0	Z	7		0.0	0.0	0.0				
	0		0	z	7		0	0	0				
	0.0		0	FLM	4		0.0	0.0	0.0				
	### ##################################	g 1.60 kcal 522 kJ 2184 g 15.50 g 33.70 g 1.90 g 47.40 g 4.1 g 42.22 g mg 78 mg 0.97 mg 110 mg 308 mg 407 mg 156 mg 3.94 mg 0.774 mg 1.243 µg 4.7 mg 0.100 mg 0.100 mg 0.100 mg 0.100 mg 0.153 µg 75 µg 0.00 µg 0.00 µg 0.000	## Mean Std. Error Po	## Mean Std. Error Points ## Std. Error Poi	## Mean Std. Error Points Code	## Mean Std. Error Points Code Code	Mean Std. Error Points Code Code	Mean Std. Error Points Code Code Code Measure 1	Mean Std. Error Points Code Code Code Measure 1 Measure 2				

	<u>At</u>	nount in 10	00 grams	of edi	ble portion		Amount in e	edible portion of	of common
			Number					easures of foo	
					Source Co	nfidonco			<u> </u>
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0	578	0	FLA	4		1.326	1.871	2.105
4:0		000	0	FLA	4		0.000	0.000	0.000
6:0	0	000	0	FLA	4		0.000	0.000	0.000
8:0 10:0	0	000 000	0	FLA FLA	4 4		0.000	0.000 0.000	0.000
12:0		000	0	FLA	4		0.000	0.000	0.000
13:0	0	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	·		-		0.000	0.000	0.000
14:0	-	022	0	FLA	4		0.006	0.009	0.010
15:0	g								
16:0	g 3.	528	0	FLA	4		1.000	1.411	1.588
17:0	-								
18:0	0	752	0	FLA	4		0.213	0.301	0.338
20:0									
24:0									
Fatty acids, total monounsaturated		721	0	FLA	4		4.740	6.688	7.524
14:1	-								
15:1	g								
16:1 undifferentiated	g	010	0	FLA	4		0.003	0.004	0.005
17:1									
18:1 undifferentiated			0	FLA	4		4.610	6.504	7.317
20:1	0	195	0	FLA FLA	4 4		0.140 0.000	0.198 0.000	0.223
22:1 undifferentiated	•	500	U	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	-	550	0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated	0		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated	-	002	0	FLA	4		0.001	0.001	0.001
18:4	g 0.	000	0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated	-								
20:4 undifferentiated		000	0	FLA FLA	4 4		0.000	0.000	0.000
20:5 n-3 (EPA) 21:5	-	000	U	FLA	4		0.000	0.000	0.000
22:4	-								
22:5 n-3 (DPA)		000	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	g 0.	000	0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans	g								
Cholesterol	-		0	FLA	4		0	0	0
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.:	L 4 9	0		1		0.042	0.060	0.067
Threonine		520	0		1		0.147	0.208	0.234
Isoleucine	0	534	0		1		0.151	0.214	0.240
Leucine	0	986	0		1		0.280	0.394	0.444
Lysine	0	545 L85	0		1 1		0.155 0.052	0.218 0.074	0.245 0.083
Methionine Cystine		194	0		1		0.052	0.074	0.087
Phenylalanine	0	787	0		1		0.223	0.315	0.354
Tyrosine		518	0		1		0.175	0.247	0.278
Valine		538	0		1		0.181	0.255	0.287
Arginine	g	318	0		1		0.515	0.727	0.818
Histidine		385	0		1		0.109	0.154	0.173
Alanine	0	504	0		1		0.171	0.242	0.272
Aspartic acid		355	0		1		0.526	0.742	0.835
Glutamic acid	0	L78 916	0		1 1		0.901	1.271	1.430
Glycine Proline		916 572	0		1		0.260 0.191	0.366 0.269	0.412 0.302
Serine	0	753	0		1		0.191	0.269	0.302
Hydroxyproline			•		_		3.223	0.001	3.233
Others: Alcohol, ethyl	q 0.	1	0	FLM	4		0.0	0.0	0.0
Caffeine	0	•	0	FLM	4		0.0	0.0	0.0
Carrenic			ŭ		-		-	·	·

NDB No. 19147 Candies, peanut bar

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 40g: 1 bar (1.4 oz)Measure 3 = 45g: 1 bar (1.6 oz)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

Refuse:0%

		<u>Am oun</u>	t in 100 grams	Amount in edible portion of common					
			Number					easures of fo	
					Source (Confidence			•
Nutrients and Un	ito	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Weari Stu	- E101 1011113	Oouc	Oouc		weasure i	wedsure 2	weasure .
Proximates:									
Water	g	0.70	0	RC	4		0.20		
Energy	kcal	486	0	NC	4		138		
Energy	kJ	2033	0	NC	4		576		
Protein (N x 6.25)	g	7.57	0	RC	4		2.14		
Total lipid (fat)	g	18.98	0	RC	4		5.38		
Ash	g	1.51	0	RC	4		0.43		
Carbohydrate, by difference	g	71.24	0	NC	4		20.20		
Fiber, total dietary	g	2.5	0	RC	4		0.7		
Sugars, total	g	51.33	0	RC	4		14.55		
Starch									
Minerals:							_		
Calcium, Ca	-	27	0	RC	4		8		
Iron, Fe		1.22	0	RC	4		0.35		
Magnesium, Mg		42	0	RC	4		12 30		
Phosphorus, P		106 168	0	RC RC	4 4		30 48		
Potassium, K Sodium, Na	-	445	0	RC	4		48 126		
Zinc, Zn		0.87	0	RC	4		0.25		
Copper, Cu	-	0.254	0	RC	4		0.072		
Manganese, Mn		0.593	0	RC	4		0.168		
Selenium. Se	-	2.6	0	RC	4		0.7		
,,		2.0	· ·		•		0.7		
Vitamins:									
Vitamin C, total ascorbic acid	-	0.0	0	RC	4		0.0		
Thiamin	-	0.134	0	RC	4		0.038		
Riboflavin	-	0.044	0	RC	4		0.012		
Niacin	-	2.646	0	RC	4		0.750		
Pantothenic acid	-	0.529	0	RC	4		0.150		
Vitamin B-6	-	0.079	0	RC	4		0.022		
Folate, total		46	0	RC	4		13		
Folic acid		0	0	RC	4		0		
Folate, food		46	0	RC	4		13		
Folate, DFE		46	0	NC	4		13		
Choline, total		13.5	0	0	4		3.8		
Betaine		0.01	•	20	4		0.00		
Vitamin B-12		0.01 0.00	0	RC Z	4 7		0.00		
Vitamin B-12, added		39	0	NC	4		11		
Vitamin A, RAE		39	0	RC	4		11		
100110111111111111111111111111111111111		9	0	RC	4		3		
Carotene, beta		0	0	RC	4		0		
Cryptoventhin bete		0	0	RC	4		0		
Cryptoxanthin, beta Vitamin A, IU		142	0	NC	4		40		
Lycopene		0	0	RC	4		0		
Lutein + zeaxanthin		0	0	RC	4		0		
Vitamin E (alpha-tocopherol)		2.56	0	RC	4		0.73		
Vitamin E, added		0.00	0	Z	7		0.00		
Tocopherol, beta		0.00	J	_	•		0.00		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D		0	0	z	7		0		
Vitamin K (phylloquinone)		0.4	0	RC	4		0.1		
Dihydrophylloquinone									
Menaquinone-4									

		Amo	unt in 10	00 grams	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source C	Confidence			
Nutrients and Uni	its	Mean S	Std. Erroi	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	4.144	į.	0	RC	4		1.175		
4:0		0.145	;	0	RC	4		0.041		
6:0	•	0.090		0	RC	4		0.026		
8:0	-	0.054		0	RC	4		0.015		
10:0		0.114		0	RC	4		0.032		
12:0		0.117		0	RC	4		0.033		
13:0	-	0.11		·		-		0.055		
14:0	-	0.342	1	0	RC	4		0.097		
15:0		0.512		·		-		0.057		
16:0		2.479	1	0	RC	4		0.703		
17:0	-	0.025		0	RC	4		0.007		
		0.025		0	RC RC	4		0.007		
18:0	-			0	RC RC	4				
20:0		0.006	•	U	RC	4		0.002		
22:0	_									
24:0		0.00								
Fatty acids, total monounsaturated		8.064	i	0	RC	4		2.286		
14:1	-									
15:1	_									
16:1 undifferentiated	_	0.046	i	0	RC	4		0.013		
17:1	•									
18:1 undifferentiated		7.821		0	RC	4		2.217		
20:1	g	0.197	'	0	RC	4		0.056		
22:1 undifferentiated	g	0.000)	0	RC	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	4.558	}	0	RC	4		1.292		
18:2 undifferentiated	g	4.557	,	0	RC	4		1.292		
18:3 undifferentiated	g	0.001		0	RC	4		0.000		
18:4	g	0.000)	0	RC	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated		0.000)	0	RC	4		0.000		
20:5 n-3 (EPA)		0.000)	0	RC	4		0.000		
21:5	_									
22:4	_									
22:5 n-3 (DPA)	-	0.000)	0	RC	4		0.000		
22:6 n-3 (DHA)		0.000		0	RC	4		0.000		
Fatty acids, total trans					_					
Cholesterol	-	12		0	RC	4		3		
Phytosterols	-			•		-		-		
Others:	_	4		_		_				
Alcohol, ethyl		0.0		0	RC	4		0.0		
Caffeine		0		0	RC	4		0		
Theobromine	mg	0		0	RC	4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portion	<u>l</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source Co	onfidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	10.3	6	0	RC	4		4.04	93.99		
Energy	kcal	485		0	RC	4		189	4396		
Energy	kJ	2028		0	RC	4		791	18391		
Protein (N x 0)	g	3.3	0	0	RC	4		1.29	29.92		
Total lipid (fat)	_	25.9		0	RC	4		10.10	234.89		
Ash		0.8		0	RC	4		0.33	7.74		
Carbohydrate, by difference		59.5	9	0	RC	4		23.24	540.46		
Fiber, total dietary		3.5	_	0	RC	4		1.3	31.3		
Sugars, total		55.7	9	0	RC	4		21.76	505.98		
Starch	9										
Minerals:	ma	43		0	D.C	4		17	394		
Calcium, Ca		43 1.2	٥	0	RC RC	4 4		0.50	394 11.70		
Magnesium, Mg		49	-	0	RC	4		19	449		
Phosphorus, P		104		0	RC	4		41	942		
Potassium, K		217		0	RC	4		84	1964		
Sodium, Na	-	48		0	RC	4		19	436		
Zinc, Zn	mg	1.6	7	0	RC	4		0.65	15.14		
Copper, Cu	mg	0.4	94	0	RC	4		0.193	4.479		
Manganese, Mn	mg	1.6	82	0	RC	4		0.656	15.258		
Selenium, Se	µg	1.8		0	RC	4		0.7	16.4		
itamins:											
Vitamin C, total ascorbic acid	mg	0.3		0	RC	4		0.1	3.0		
Thiamin	mg	0.2	03	0	RC	4		0.079	1.845		
Riboflavin	mg	0.0	53	0	RC	4		0.021	0.477		
Niacin	-	0.4	15	0	RC	4		0.162	3.763		
Pantothenic acid		0.3		0	RC	4		0.130	3.015		
Vitamin B-6	-	0.0	77	0	RC	4		0.030	0.697		
Folate, total		6		0	RC	4		3	58		
Folic acid		0 6		0	RC RC	4 4		0 3	0 58		
Folate, foodFolate, DFE		6		0	NC	4		3	58		
Choline, total		· ·		U	NC	-		3	56		
Betaine											
Vitamin B-12	-	0.0	0	0	RC	4		0.00	0.00		
Vitamin B-12, added	µg	0.0	0	0	RC	4		0.00	0.00		
Vitamin A, RAE		1		0	RC	4		0	9		
Retinol	µg	0		0	RC	4		0	0		
Carotene, beta	µg	10		0	RC	4		4	91		
Carotene, alpha		0		0	RC	4		0	0		
Cryptoxanthin, beta		3		0	RC	4		1	27		
Vitamin A, IU		19		0	RC	4		7	174		
Lycopene		0		0	RC	4		0	0		
Lutein + zeaxanthin		6	0	0	RC	4 4		2	53		
Vitamin E (alpha-tocopherol) Vitamin E, added	-	0.5		0	RC RC	4		0.20 0.00	4.55 0.00		
Tocopherol, beta		0.0	O	U	RC	-		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D				_							
Vitamin K (phylloquinone)		1.3		0	RC	4		0.5	11.5		
Dihydrophylloquinone	hg										

	<u>Am ount</u>	in 100 grams		Amount in edible portion of common measures of food			
		Numbe				casares or roc	<u>, u</u>
Nutrients and Units	Mean Std.	of Data Error Points		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturatedg	2.224	0	RC	4	0.867	20.171	
4:0g	0.000	0	RC	4	0.000	0.000	
6:0g	0.000	0	RC	4	0.000	0.000	
8:0g	0.000	0	RC	4	0.000	0.000	
10:0g	0.000	0	RC	4	0.000	0.000	
12:0g	0.000	0	RC	4	0.000	0.000	
13:0g	0.000	0	RC	4	0.000	0.000	
14:0g	0.000	0	RC	4	0.000	0.000	
15:0g	0.000	0	RC	4	0.000	0.000	
16:0g	1.571	0	RC	4	0.613	14.249	
17:0g	0.000	0	RC	4	0.000	0.000	
18:0g	0.628	0	RC	4	0.245	5.696	
20:0g	0.025	0	RC	4	0.010	0.226	
22:0g	0.000	0	RC	4	0.000	0.000	
24:0g	0.000	0	RC	4	0.000	0.000	
Fatty acids, total monounsaturatedg	14.683	0	RC	4	5.726	133.171	
14:1g	0.000	0	RC	4	0.000	0.000	
15:1g							
16:1 undifferentiatedg	0.000	0	RC	4	0.000	0.000	
17:1g							
18:1 undifferentiated	14.608	0	RC	4	5.697	132.494	
20:1g	0.075	0	RC	4	0.029	0.677	
22:1 undifferentiatedg	0.000	0	RC	4	0.000	0.000	
24:1 cg	0.000	0	RC	4	0.000	0.000	
Fatty acids, total polyunsaturated	7.778	0	RC	4	3.033	70.546	
18:2 undifferentiatedg	7.423	0	RC	4	2.895	67.326	
18:3 undifferentiatedg	0.355	0	RC	4	0.138	3.219	
18:4g	0.000	0	RC	4	0.000	0.000	
20:2 n-6 c,cg	0.000	0	RC	4	0.000	0.000	
20:3 undifferentiatedg	0.000	0	RC	4	0.000	0.000	
20:4 undifferentiatedg	0.000	0	RC	4	0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	RC	4	0.000	0.000	
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	RC	4	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	RC	4	0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	0	0	RC	4	0	0	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	RC	4	0.0	0.0	
Caffeinemg	0	0	RC	4	0	0	
Theobrominemg	0	0	RC	4	0	0	

Common Measures:

Measure 1 = 39g: 1 piece

Measure 2 = 907g: 1 recipe yield

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amour	nt in 100 gr	ams	of edi	ble portioi	<u>n</u>	Amount in edible portion of common			
			Nun	n be r				m	easures of foo	<u>od</u>	
						Source C	onfidence				
Nutrients and Un	ite	Mean Std	l. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Mean Stu			Oouc	Oouc	oouc	weasure i	WedSure 2	weasure .	
Proximates:											
Water	g	0.70	0.062	8		1		0.10	1.27	1.21	
Energy	kcal	480		0	NC	4		70	874	830	
Energy	kJ	2008		0	NC	4		291	3655	3474	
Protein (N x 5.63)		4.20	0.089	5		1		0.61	7.64	7.27	
Total lipid (fat)	g	30.00	0.743	9		1		4.35	54.60	51.90	
Ash	g	1.20	0.050	7		1		0.17	2.18	2.08	
Carbohydrate, by difference	g	63.90		0	NC	4		9.27	116.30	110.55	
Fiber, total dietary		5.9		2		1		0.9	10.7	10.2	
Sugars, total		54.50	1.386	4	JO	11		7.90	99.19	94.29	
Starch											
Minerals:											
Calcium, Ca		32	1.430	3		1		5	58	55	
Iron, Fe	-	3.13	0.283	5		1		0.45	5.70	5.41	
Magnesium, Mg		115		2		1		17	209	199	
Phosphorus, P		132		2		1		19	240	228	
Potassium, K	-	365	17.035	6		1		53	664	631	
Sodium, Na		11	3.440	6		1		2	20	19	
Zinc, Zn	-	1.62	0.057	3		1		0.23	2.95	2.80	
Copper, Cu		0.700		1		1 1		0.102	1.274	1.21	
Manganese, Mn		0.800		1 0		4		0.116	1.456	1.38	
Selenium, Se	µg	4.2		U	FLA	4		0.6	7.6	7.3	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0	
Thiamin	mg	0.055		2		1		0.008	0.100	0.09	
Riboflavin	mg	0.090		2		1		0.013	0.164	0.15	
Niacin	mg	0.427	0.049	4		1		0.062	0.777	0.73	
Pantothenic acid	mg	0.105		1		4		0.015	0.191	0.18	
Vitamin B-6	mg	0.035		1		4		0.005	0.064	0.06	
Folate, total	µg	13		0	FLA	4		2	25	23	
Folic acid	µg	0		0	FLA	4		0	0	0	
Folate, food	µg	13		0	FLA	4		2	25	23	
Folate, DFE	µg	13		0	NC	4		2	25	23	
Choline, total	mg	22.0		0	FLA	4		3.2	40.1	38.1	
Betaine	mg										
Vitamin B-12	µg	0.00		1		4		0.00	0.00	0.00	
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin A, RAE	µg	0		0	FLA	4		0	0	0	
Retinol	µg	0		0	FLA	4		0	0	0	
Carotene, beta		0		0	FLA	4		0	0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	0	
Vitamin A, IU		0		0	FLA	4		0	0	0	
Lycopene		0		0	FLA	4		0	0	0	
Lutein + zeaxanthin		18		0	FLA	4		3	34	32	
Vitamin E (alpha-tocopherol)		0.26		0	FLA	4		0.04	0.47	0.45	
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta				•	_	7				• -	
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D		0		0	Z	7		0	0	0	
Vitamin K (phylloquinone)	µg	5.6		0	FLA	4		0.8	10.1	9.6	
Dihydrophylloquinone											

Alcohol, ethyl.

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 17.750 0 2.574 32.305 30.708 4:0.....g 0.000 0 FLA 4 0.000 0.000 0.000 6:0.....g 0.000 FLA 0.000 0.000 0.000 0 FT.A 0.000 8:0.....g 0.000 4 0.000 0.000 10:0.....g 0.000 0 FLA 4 0.000 0.000 0.000 0.000 0 FLA 0.000 0.000 12:0.....g 4 0.000 0.000 0 0.000 0.000 13:0.....g FLA 0.000 0 FLA 14:0.....g 0.020 4 0.003 0.035 0.034 15:0.....g 0.000 0 FLA 4 0.000 0.000 0.000 0 FLA 13.372 12,711 16:0.....g 7.347 4 1.065 17:0.....g 0.048 0 FLA 0.007 0.088 0.084 0 FLA 17.313 10.007 4 18,214 18:0.....g 1,451 0.267 0 FLA 0.462 20:0.....g 4 0.039 0.486 0.024 0 FT.A 0.044 0.042 22:0.....g 4 0.004 0.000 0 FLA 4 0.000 0.000 24:0.....g 0.000 9.966 0 FLA 4 1.445 18.138 17,241 Fatty acids, total monounsaturated......g 14:1.....g 0.000 0 FLA 4 0.000 0.000 0.000 0.000 0 FLA 0.000 0.000 0.000 15·1 a 4 0.062 0 FLA 4 0.009 0.112 0.107 16:1 undifferentiated......g 0.000 0 FLA 4 17:1.....g 0.000 0.000 0.000 9.904 0 FLA 4 1.436 18.026 17.134 18:1 undifferentiated......g 0.000 0 FLA 0.000 20:1.....g 4 0.000 0.000 0.000 0 0.000 0.000 0.000 22:1 undifferentiated......g 1 0 0.000 FLA 4 0.000 24:1 c.....g 0.000 0.000 0.966 0 FLA 4 0.140 1.758 1.671 Fatty acids, total polyunsaturated......g 0.898 0 FLA 4 1.635 0.130 1.554 0.068 0 FLA 0.010 0.123 0.117 18:3 undifferentiated......g 4 0 FLA 0.000 4 0.000 0.000 0.000 18:4.....g 20:2 n-6 c.c.....g 0.000 0 FT.A 4 0.000 0.000 0.000 0.000 0.000 0.000 0 FLA 4 0.000 20:4 undifferentiated......g 0.000 0 FLA 4 0.000 0.000 0.000 0.000 0 FLA 4 0.000 0.000 20:5 n-3 (EPA)......g 0.000 21:5.....g 22:4.....g 0.000 22:5 n-3 (DPA).....g 0.000 ٥ FLA 4 0.000 0.000 22:6 n-3 (DHA).....g 0.000 FLA 0.000 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 0 FLA 4 0 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.063 0 1 0.009 0.115 0.109 Threonine.....g 0.168 1 0.024 0.306 0.291 0.298 Isoleucine.....g 0.164 0 1 0.024 0.284 0.257 0 1 0.037 0.468 0.445 Lysine.....g 0.212 0 1 0.031 0.386 0.367 0.044 0 1 0.006 0.080 0.076 Methionine.....g 0 1 Cystine....g 0.052 0.008 0.095 0.090 Phenylalanine.....g 0.204 0 1 0.030 0.371 0.353 Tyrosine.....g 0.159 0 1 0.023 0.289 0.275 Valine......g 0.254 0 1 0.037 0.462 0.439 0 1 Arginine.....g 0.240 0.035 0.437 0.415 0 Histidine.....g 0.073 1 0.011 0.133 0.126 0.196 0 1 0.028 0.3570.339 Alanine.....g 0 1 Aspartic acid.....g 0.422 0.061 0.768 0.730 0 1 Glutamic acid.....g 0.637 0.092 1.159 1.102 0.190 0 1 0.028 0.346 0.329 0.181 1 0 0.026 0.329 0.313 0.183 1 0.027 0.333 0.317 Hydroxyproline.....g Others:

0.0

0

FLA

0.0

0.0

0.0

Candies, semisweet chocolate

	Ar	nount in 100	grams	of edi	ble portio	<u>1</u>	Amount in edible portion of common		
			lum be		Source C	onfidence	measures of food		
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Caffeinemg	62	3.9:	23 6		1		9	113	107
Theobrominemg	486	40.8	14 7		1		70	885	841

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.5g: 1 serving

Measure 2 = 182g: 1 cup large chips Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 Fat 8.5 Carbohydrate 3.4

Food Group: 19 Sweets

Refuse:0%

Lipids:

		<u>Am our</u>				ble portion	<u>l</u>	Amount in edible portion of common measures of food		
			Nun	nbei	r			<u>m</u>	easures of too	<u>oa</u>
			of l	Data	Deriv	Source Co	onfidence			
Nutrients and U	nits	Mean Std	.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	0.70	0.071	7	A	1		1.19	1.27	1.21
Energy	-	477		0		4		811	868	825
Energy		1996				4		3393	3632	3453
Protein (N x 5.63)		4.20	0.089	5		1		7.14	7.64	7.27
Total lipid (fat)	-	29.70	0.777	8		1		50.49	54.05	51.38
Ash		1.20	0.050	7		1		2.04	2.18	2.08
Carbohydrate, by difference	-	63.40		0	NC	4		107.78	115.39	109.68
Fiber, total dietary		5.9		2		1		10.0	10.7	10.2
Sugars, total		• • • • • • • • • • • • • • • • • • • •		_		_			10.7	
Starch										
Minerals:	9									
	ma	22	1 420	2		1		ΕA	EO	
Calcium, Ca	-	32 3.13	1.430 0.283	3 5		1 1		54 5.32	58 5.70	55 5.41
Iron, Fe	-	3.13 115	0.203	2		1		5.32 196	209	199
Magnesium, Mg		132		2		1		224	240	228
Phosphorus, P Potassium, K		365	17.035	6		1		621	664	631
Sodium, Na	-	11	3.440	6		1		19	20	19
Zinc, Zn	-	1.62	0.057	3		1		2.75	2.95	2.80
Copper, Cu		0.700	0.037	1		1		1.190	1.274	1.21
Manganese, Mn	-	0.800		1		1		1.360	1.456	1.38
Selenium, Se	-	3.2		0	FLA	4		5.4	5.8	5.5
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	0.0
Thiamin	-	0.055		2		1		0.094	0.100	0.09
Riboflavin	-	0.090		2		1		0.153	0.164	0.15
Niacin	-	0.427	0.049	4		1		0.726	0.777	0.739
Pantothenic acid		0.105	0.013	1		4		0.179	0.191	0.182
Vitamin B-6	-	0.050		1		4		0.085	0.091	0.08
Folate, total	_	3		1		4		5	5	5
Folic acid		0		0	z	7		0	0	0
Folate, food		3		1		4		5	5	5
Folate, DFE		3		0	NC	4		5	5	5
Choline, total								•	•	•
Betaine	•									
Vitamin B-12	_	0.00		1		4		0.00	0.00	0.00
Vitamin A, RAE		3		0	NC	4		5	5	5
Retinol		0		0	Z	7		0	0	0
Carotene, beta									-	-
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		60		0		1		102	109	104
Lycopene										
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									
Dihydrophylloquinone Menaquinone-4										

	An	100 grams	Amount in e	edible portion o	of common		
			Number			easures of foc	
Nutrients and Units	Mean	Std. Err	of Data or Points	Deriv Source Confidence Code Code Code	e Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	q 17.5	30	0	1	29.801	31.905	30.327
4:0	0		0	4	0.816	0.874	0.830
6:0	=	85	0	4	0.485	0.519	0.493
8:0	g 0.1	65	0	4	0.281	0.300	0.285
10:0			0	4	0.638	0.683	0.649
12:0	-	20	0	4	0.714	0.764	0.727
13:0	•		_	_			
14:0 15:0	=	50	6	1	0.085	0.091	0.087
16:0	-	30	6	1	13.651	14.615	13.892
17:0	0		-	_	201002		
18:0	•	30	6	1	15.691	16.799	15.968
20:0	g						
22:0	-						
24:0	•		•	_			1
Fatty acids, total monounsaturated		30	0	1	16.881	18.073	17.179
15:1	-						
16:1 undifferentiated	-	60	0	4	0.612	0.655	0.623
17:1	-						
18:1 undifferentiated	g 9.9	30	6	1	16.881	18.073	17.179
20:1	g						
22:1 undifferentiated							
24:1 c			•	_			
Fatty acids, total polyunsaturated			0 6	1 1	1.615	1.729	1.644 1.644
18:2 undifferentiated	3		0	4	1.615 0.408	1.729 0.437	0.415
18:4	3	10	v	-	0.408	0.437	0.415
20:2 n-6 c,c	-						
20:3 undifferentiated	-						
20:4 undifferentiated	g						
20:5 n-3 (EPA)	=						
21:5	-						
22:4	•						
22:5 n-3 (DPA)							
Fatty acids, total trans							
Cholesterol			0	1	31	33	31
Phytosterols	mg						
Amino Acids:							
Tryptophan	g 0.0	63	0	1	0.107	0.115	0.109
Threonine	•		0	1	0.286	0.306	0.291
Isoleucine		64	0	1	0.279	0.298	0.284
Leucine	g 0.2	57	0	1	0.437	0.468	0.445
Lysine			0	1	0.360	0.386	0.367
Methionine	•		0	1	0.075	0.080	0.076
Cystine			0	1	0.088	0.095	0.090
Phenylalanine	-		0 0	1 1	0.347 0.270	0.371 0.289	0.353 0.275
TyrosineValine	•		0	1	0.432	0.462	0.439
Arginine	0		0	1	0.408	0.437	0.415
Histidine	•		0	1	0.124	0.133	0.126
Alanine	=	96	0	1	0.333	0.357	0.339
Aspartic acid			0	1	0.717	0.768	0.730
Glutamic acid			0	1	1.083	1.159	1.102
Glycine			0	1	0.323	0.346	0.329
Proline			0	1	0.308	0.329	0.313
Serine	-	83	0	1	0.311	0.333	0.317
Hydroxyproline	9						
Others:							
Alcohol, ethyl							
Caffeine	-		3.923 6	1	105	113	107
Theobromine	mg 486	4	0.814 7	1	826	885	841

Candies, semisweet chocolate, made with butter

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Measure 3

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 Fat 8.5 Carbohydrate 3.4

Food Group: 19 Sweets

Refuse:0%

		Amo	unt in 100	grains	Amount in edible portion of common					
			Nı	ım be	measures of food					
						Source C	Confidence			
Nutrients and Un	its	Mean S	td. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	mean o	ta. 🗀 101 -					Wedsure 1	Wedsuic 2	weasure .
Proximates:										
Water	g	2.20	0.05	6 3		1		0.62	0.04	0.77
Energy	kcal	516		0	NC	4		146	9	181
Energy	kJ	2161		0	NC	4		613	39	756
Protein (N x 5.3)		11.60	0.22	6 3		1		3.29	0.21	4.06
Total lipid (fat)	g	33.30	1.77	6 3		1		9.44	0.60	11.66
Ash		2.60	0.06	4 3		1		0.74	0.05	0.91
Carbohydrate, by difference	g	50.30		0	NC	4		14.26	0.91	17.61
Fiber, total dietary		7.7		0	FLM	4		2.2	0.1	2.7
Sugars, total		31.17		0	FLM	4		8.84	0.56	10.91
Starch										
Minerals:										
Calcium, Ca	-	639		0	FLM	4		181	12	224
Iron, Fe	-	4.27	0.26			1		1.21	0.08	1.49
Magnesium, Mg		251	10.47			1		71	5	88
Phosphorus, P		412		0	FLM	4		117	7	144
Potassium, K	-	307		0	FLM	4		87	6	107
Sodium, Na		167		0	LC	8		47	3	58
Zinc, Zn		3.76		1		1		1.07	0.07	1.32
Copper, Cu		0.950		1		1		0.269	0.017	0.33
Manganese, Mn		1.609		0	FLM	4		0.456	0.029	0.56
Selenium, Se	µg	4.0		0	FLM	4		1.1	0.1	1.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin	mg	0.444		0	FLM	4		0.126	0.008	0.15
Riboflavin	mg	0.159		0	FLM	4		0.045	0.003	0.05
Niacin	-	3.703	0.12	4 3		1		1.050	0.067	1.29
Pantothenic acid	mg	0.033		0	FLM	4		0.009	0.001	0.01
Vitamin B-6	-	0.491		0	FLM	4		0.139	0.009	0.17
Folate, total	-	51		0	FLM	4		14	1	18
Folic acid		0		0	FLM	4		0	0	0
Folate, food		51		0	FLM	4		14	1	18
Folate, DFE		51		0	NC	4		14	1	18
Choline, total		16.7		0	FLM	4		4.7	0.3	5.9
Betaine	mg									
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00
Vitamin B-12, added	μg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	FLM	4		0	0	0
Retinol		0		0	FLM	4		0	0	0
Carotene, beta	µg	3		0	FLM	4		1	0	1
Carotene, alpha		0		0	FLM	4		0	0	0
Cryptoxanthin, beta		0		0	FLM	4		0	0	0
Vitamin A, IU		6		0	FLM	4		2	0	2
Lycopene	µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin		0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.16		0	FLM	4		0.05	0.00	0.06
Vitamin E, added		0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0	0
Vitamin K (phylloquinone)		0.0		0	FLM	4		0.0	0.0	0.0
Dihydrophylloquinone										
Menaquinone-4										

	Am				ble portior	<u>1</u>	Amount in edible portion of comr				
			Number				<u></u>	000010001100	<u>. u</u>		
Nutrients and Units	Mean	Std. Error			Source C Code	Code	Measure 1	Measure 2	Measure 3		
<u>Lipids:</u>											
Fatty acids, total saturatedg	4.6	62	0	FLM	4		1.322	0.084	1.632		
4:0g	0.0		0	FLM	4		0.000	0.000	0.000		
6:0g	0.0	00	0	FLM	4		0.000	0.000	0.000		
8:0g	0.0	00	0	FLM	4		0.000	0.000	0.000		
10:0g	0.0	00	0	FLM	4		0.000	0.000	0.000		
12:0g	0.0	00	0	FLM	4		0.000	0.000	0.000		
13:0g											
14:0g	0.0	83	0	FLM	4		0.024	0.001	0.029		
15:0g											
16:0g	2.9	76	0	FLM	4		0.844	0.054	1.042		
17:0											
18:0g	1.4	01	0	FLM	4		0.397	0.025	0.490		
20:0g		-	•		-			*****	0,120		
22:0g											
24:0g											
-	12.5	71	0	FLM	4		3.564	0.226	4.400		
Fatty acids, total monounsaturatedg	12.5	/1	U	FLIM	4		3.364	0.226	4.400		
14:1g											
15:1g											
16:1 undifferentiatedg	0.1	00	0	FLM	4		0.028	0.002	0.035		
17:1g											
18:1 undifferentiatedg	12.4		0	FLM	4		3.519	0.223	4.344		
20:1g	0.0		0	FLM	4		0.013	0.001	0.016		
22:1 undifferentiatedg	0.0	00	0	FLM	4		0.000	0.000	0.000		
24:1 cg											
Fatty acids, total polyunsaturatedg	14.5	91	0	FLM	4		4.136	0.263	5.107		
18:2 undifferentiatedg	14.3	24	0	FLM	4		4.061	0.258	5.013		
18:3 undifferentiatedg	0.2	52	0	FLM	4		0.071	0.005	0.088		
18:4g	0.0	00	0	FLM	4		0.000	0.000	0.000		
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.0	00	0	FLM	4		0.000	0.000	0.000		
20:5 n-3 (EPA)g	0.0	00	0	FLM	4		0.000	0.000	0.000		
21:5											
22:4g											
22:5 n-3 (DPA)g	0.0	00	0	FLM	4		0.000	0.000	0.000		
22:6 n-3 (DHA)	0.0		0	FLM	4		0.000	0.000	0.000		
Fatty acids, total trans	•••		·		-		0.000	0.000	0.000		
Cholesterolmg	0		0	FLM	4		0	0	0		
Phytosterolsmg	U		U	e ma			U	U	U		
•											
Others:											
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	0.0		
Caffeinemg	0		0	FLM	4		0	0	0		
Theobrominemg	0		0	FLM	4		0	0	0		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 1.8g: 1 piece Measure 3 = 35g: 20 pieces

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Am oun</u>	t in 100 grams	Amount in edible portion of common					
			Number	<u>m</u>	easures of fo	od			
			of Data	Deriv	Source (Confidence			
Nutrients and Un	ite	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure
Nutrients and Or	iits	Weari Stu.					Wicasure	Wiedsure 2	Wiedsuie
Proximates:									
Water	g	13.88	0	FLC	4		5.83		
Energy	kcal	390	0	FLC	4		164		
Energy		1633	0	FLC	4		686		
Protein		2.31	0	FLC	4		0.97		
Total lipid (fat)		9.52	0	FLC	4		4.00		
Ash	_	0.40	0	FLC	4		0.17		
Carbohydrate, by difference	_	73.81	0	FLC	4		31.00		
Fiber, total dietary		2.4	0	FLC	4		1.0		
Sugars, total		45.95	0	FLC	4		19.30		
Starch									
Statem	9								
Minerals:									
Calcium, Ca	<u>m</u> g	17	0	FLC	4		7		
Iron, Fe	_	0.93	0	FLC	4		0.39		
Magnesium, Mg	_	25	0	FLC	4		10		
Phosphorus, P		54	0	FLC	4		23		
Potassium, K	_	82	0	FLC	4		34		
Sodium, Na	_	131	0	FLC	4		55		
Zinc, Zn	_	0.53	0	FLC	4		0.22		
Copper, Cu		0.303	0	FLC	4		0.127		
Manganese, Mn	_	0.539	0	FLC	4		0.226		
Selenium, Se	µg	1.4	0	FLC	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2	0	FLC	4		0.1		
Thiamin	_	0.047	0	FLC	4		0.020		
Riboflavin		0.039	0	FLC	4		0.016		
Niacin	_	0.178	0	FLC	4		0.075		
Pantothenic acid	_	0.112	0	FLC	4		0.047		
Vitamin B-6	_	0.082	0	FLC	4		0.034		
Folate, total	-	12	0	FLC	4		5		
Folic acid		0	0	FLC	4		0		
Folate, food	µg	11	0	FLC	4		5		
Folate, DFE		11	0	NC	4		5		
Choline, total		5.5	0	0	4		2.3		
Betaine	_								
Vitamin B-12		0.00	0	FLC	4		0.00		
Vitamin B-12, added		0.00	0	Z	7		0.00		
Vitamin A, RAE	µg	0	0	NC	4		0		
Retinol		0	0	FLC	4		0		
Carotene, beta	µg	2	0	FLC	4		1		
Carotene, alpha		0	0	FLC	4		0		
Cryptoxanthin, beta		0	0	FLC	4		0		
Vitamin A, IU		3	0	NC	4		1		
Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin		3	0	FLC	4		1		
Vitamin E (alpha-tocopherol)		0.10	0	FLC	4		0.04		
Vitamin E, added		0.00	0	z	7		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta	mg								
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D		0	0	Z	7		0		
Vitamin K (phylloquinone)		0.4	0	FLC	4		0.2		
Dihydrophylloquinone									
Menaquinone-4									

	Amount in	100 grams	of edi	ble portion	Amount in edible portion of comm					
		Number			<u>m</u>	easures of fo	<u>od</u>			
				Source Confidenc	•					
Nutrients and Units	Mean Std. Err	or Points			Measure 1	Measure 2	Measure 3			
Lipids:										
Fatty acids, total saturatedg	0.898	0	FLC	4	0.377					
4:0g	0.000	0	FLC	4	0.000					
6:0g	0.000	0	FLC	4	0.000					
8:0g	0.000	0	FLC	4	0.000					
10:0g	0.000	0	FLC	4	0.000					
12:0g	0.000	0	FLC	4	0.000					
13:0g	0.000	0	FLC	4	0.000					
14:0g	0.000	0	FLC	4	0.000					
15:0g	0.000	0	FLC	4	0.000					
16:0g	0.647	0	FLC	4	0.272					
17:0g	0.000	0	FLC	4	0.000					
18:0g	0.241	0	FLC	4	0.101					
20:0g	0.009	0	FLC	4	0.004					
22:0g	0.000	0	FLC	4	0.000					
24:0g	0.000	0	FLC	4	0.000					
Fatty acids, total monounsaturatedg	1.297	0	FLC	4	0.545					
14:1g	0.000	0	FLC	4	0.000					
15:1g										
16:1 undifferentiatedg	0.000	0	FLC	4	0.000					
17:1g										
18:1 undifferentiatedg	1.278	0	FLC	4	0.537					
20:1g	0.019	0	FLC	4	0.008					
22:1 undifferentiatedg	0.000	0	FLC	4	0.000					
24:1 cg	0.000	0	FLC	4	0.000					
Fatty acids, total polyunsaturatedg	6.840	0	FLC	4	2.873					
18:2 undifferentiatedg	5.525	0	FLC	4	2.321					
18:3 undifferentiatedg	1.315	0	FLC	4	0.552					
18:4g	0.000	0	FLC	4	0.000					
20:2 n-6 c,cg	0.000	0	FLC	4	0.000					
20:3 undifferentiatedg	0.000	0	FLC	4	0.000					
20:4 undifferentiatedg	0.000	0	FLC	4	0.000					
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000					
21:5g										
22:4g										
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000					
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000					
Fatty acids, total trans										
Cholesterolmg	0	0	FLC	4	0					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0	0	FLC	4	0.0					
Caffeinemg	0	0	FLC	4	0					
Theobrominemg	0	0	FLC	4	0					

Common Measures:

Measure 1 = 42g: 3 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	υ gram s	ot edil	ole portio	<u>on</u>	Amount in edible portion of common					
				Number				measures of food					
						Source (Confidence						
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure			
Proximates: Water	a	2.3	0	1		1		0.08					
		474	· ·	0	NC	4		17					
Energy													
Energy		1985	•	0	NC	4		69					
Protein		10.0		1	LC	8		0.35					
Total lipid (fat)		17.9		0	T	4		0.63					
Ash	-	1.5		0	FLM	4		0.05					
Carbohydrate, by difference		68.2		0	NC	4		2.39					
Fiber, total dietary	g	2.5		1	LC	8		0.1					
Sugars, total	g	62.5	0	1	LC	8		2.19					
Starch	g												
Minerals:													
Calcium, Ca	ma	100		1		1		4					
Iron, Fe	-	1.9	0	1		1		0.07					
Magnesium, Mg	-	137		0	FLM	4		5					
Phosphorus, P		166		1		1		6					
Potassium, K		255		1		1		9					
Sodium, Na		13		1	LC	8		0					
Zinc, Zn		1.5	6	0	FLM	4		0.05					
Copper, Cu	-	0.5		0	FLM	4		0.020					
Manganese, Mn		1.1		0	FLM	4		0.039					
Selenium, Se		1.7		0	FLM	4		0.1					
,													
Vitamins:	ma	0.0		1		1		0.0					
Vitamin C, total ascorbic acid	-	0.0		1		1		0.002					
Thiamin	-	0.2		1		1		0.002					
Riboflavin	-	1.0		1		1		0.009					
Niacin	-	0.1		0	FLM	4		0.035					
Pantothenic acid	-	0.0		0	FLM	4		0.003					
Vitamin B-6	-	15	80	0	FLM	4		1					
Foliate, total		0		0	FLM	4		0					
Folic acid		15		0	FLM	4		1					
Folate, food		15		0	NC	4		1					
Folate, DFE		26.0		0	O	4		0.9					
Choline, total	-	26.0		U	O	4		0.9					
Betaine	• • • • • • • • • • • • • • • • • • • •	0.0	0	0	FLM	4		0.00					
Vitamin B-12		0.0		0	FLM	4		0.00					
Vitamin B-12, added			U	0									
Vitamin A, RAERetinol		0		0	NC FLM	4		0					
		0		0		4		0					
Carotene, beta		2		0	FLM	4							
Carotene, alpha		0		0	FLM	4		0					
Cryptoxanthin, beta		0 3		0	FLM FLM	4 4		0					
Vitamin A, IU				•				-					
Lycopene		0		0	FLM	4		0					
Lutein + zeaxanthin		1	_	0	FLM	4		0					
Vitamin E (alpha-tocopherol)		12.3		0	FLM	4		0.43					
Vitamin E, added		0.0	U	0	Z	7		0.00					
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta													
Tocotrienol, alpha													
Tocotrienol, beta													
Tocotrienol, gamma	-												
Tocotrienol, delta				^	-	-							
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0					
Vitamin D		0		0	Z	7		0					
Vitamin K (phylloquinone)		0.0		0	FLM	4		0.0					
Dihydrophylloquinone	µg												

	Amount in			ble portion	<u>1</u>	Amount in edible portion of commeasures of food				
Nutrients and Units	Mean Std. En	Number of Data or Points	Deriv	Source Code	onfidence Code	Measure 1	Measure 2	Measure 3		
<u>Lipids:</u>										
Fatty acids, total saturatedg	1.948	0	NC	4		0.068				
4:0g	0.000	0	FLM	4		0.000				
6:0g	0.000	0	FLM	4		0.000				
8:0g	0.000	0	FLM	4		0.000				
10:0g	0.000	0	FLM	4		0.000				
12:0g	0.002	0		4		0.000				
13:0g		•								
14:0g	0.106	0		4		0.004				
15:0g	1 456	•								
16:0g	1.476	0	FLM	4		0.052				
17:0g	0.364	0		4		0.013				
18:0g	0.364	U		4		0.013				
20:0g										
22:0g										
24:0g	12.078	0	NC	4		0.423				
Fatty acids, total monounsaturatedg	0.000	0	FLM	4		0.423				
	0.000	U	FLM	*		0.000				
15:1	0.090	0	FLM	4		0.003				
17:1g	0.030	U	FIIM	-		0.003				
18:1 undifferentiated	11.988	0	FLM	4		0.420				
20:1g	0.000	0	FLM	4		0.000				
20:1g 22:1 undifferentiated	0.000	0	FLM	4		0.000				
24:1 cg	0.000	0	FLM	4		0.000				
Fatty acids, total polyunsaturatedg	3.904	0	NC	4		0.137				
18:2 undifferentiatedg	3.904	0	FLM	4		0.137				
18:3 undifferentiatedg	0.000	0	FLM	4		0.000				
18:4g	0.000	0	FLM	4		0.000				
20:2 n-6 c.cg	0.000	0	FLM	4		0.000				
20:3 undifferentiatedg	0.000	0	FLM	4		0.000				
20:4 undifferentiatedg	0.000	0	FLM	4		0.000				
20:5 n-3 (EPA)	0.000	0	FLM	4		0.000				
20.5 li-5 (EFA)g	0.000	Ū	PHH	-		0.000				
22:4g										
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000				
22:6 n-3 (DHA)	0.000	0	FLM	4		0.000				
Fatty acids, total trans		J		=		0.000				
Cholesterolmg	0	0	FLM	4		0				
Phytosterolsmg	-	-				-				
Others:										
Alcohol, ethyl	0.0	0	FLM	4		0.0				
Caffeinemg	0	0	FLM	4		0				
Theobrominemg	0	0	FLM	4		0				

Common Measures:

Measure 1 = 3.5g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 gr	am s	ot edit	ole portion		Amount in e	dible portion	of common
			Num	ber					easures of fo	
					Deriv	Source Co	nfidence			
Nutrients and Un	its	Mean St	d. Error Po			Code	Code	Measure 1	Measure 2	Measure
rtati ionto ana on								mododio i	mode are 2	ououro
Proximates:										
Water		0.50	0.088	3		1		0.14	0.21	
Energy		507		0	NC	4		144	208	
Energy	kJ	2120		0	NC	4		601	869	
Protein (N x 5.63)	g	3.90	0.280	4		1		1.11	1.60	
Total lipid (fat)	g	34.20	1.376	4		1		9.70	14.02	
Ash	-	1.00	0.000	3		1		0.28	0.41	
Carbohydrate, by difference	g	60.40		0	NC	4		17.12	24.76	
Fiber, total dietary	g	5.5		0		4		1.6	2.3	
Sugars, total	g	51.48		0	BFCN	4		14.59	21.11	
Starch	g									
Minerals:										
Calcium, Ca	-	24	1.409	6		1		7	10	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.76	0.369	6		1		0.78	1.13	
Magnesium, Mg		113	9.699	6		1		32	46	
Phosphorus, P		147	5.325	4		1		42	60	
Potassium, K	-	290	17.076	6		1		82	119	
Sodium, Na	-	16	4.933	4		1		5	7	
Zinc, Zn		1.50	0.051	6		1 1		0.43	0.62	
Copper, Cu	-	0.574 0.494	0.073 0.078	6 6		1		0.163 0.140	0.235 0.203	
Manganese, Mn	-	2.8	0.078	0	BFPN	4		0.140	1.1	
,,	µg	2.0		U	BFFN	-		0.0	1.1	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	-	0.020		1		1		0.006	0.008	
Riboflavin	-	0.240		1		1		0.068	0.098	
Niacin	-	0.670		1		1		0.190	0.275	
Pantothenic acid	-	0.071		1		4		0.020	0.029	
Vitamin B-6	•	0.043		1		4		0.012	0.018	
Folate, total	-	3		1		4		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	µg	3		1		4		1	1	
Folate, DFE	µg	3		0	NC	4		1	1	
Choline, total	mg	29.9		0	0	4		8.5	12.2	
Betaine	mg									
Vitamin B-12	µg	0.00		1		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	BFSN	4		0	0	
Retinol	µg	0		0	BFSN	4		0	0	
Carotene, beta	µg	0		0	BFSN	4		0	0	
Carotene, alpha		0		0	BFSN	4		0	0	
Cryptoxanthin, beta		0		0	BFSN	4		0	0	
Vitamin A, IU		0		0	BFSN	4		0	0	
Lycopene		0		0	BFSN	4		0	0	
Lutein + zeaxanthin		18		0	BFSN	4		5	7	
Vitamin E (alpha-tocopherol)		0.26		0	BFFN	4		0.07	0.11	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0.0	
Vitamin K (phylloquinone)		6.3		0	BFFN	4		1.8	2.6	
Dihydrophylloquinone		3.5		•		-			2.0	
Menaquinone-4										

	<u>A</u>	mount in	100 grams	of edible po	ortion	Amount in 6	edible portion	of common
			Number				easures of foo	•
				Deriv Sour	ce Confidence			
Nutrients and Units	Mean	Std. Er	ror Points			Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	g 20	.080	0	1		5.693	8.233	
4:0	•	.000	0	1		0.000	0.000	
6:0	0	.000	0	1		0.000	0.000	
8:0	0	.000	0	1		0.000	0.000	
10:0 12:0	-	.000 .000	0	1		0.000	0.000 0.000	
13:0	-	.000	Ū	_		0.000	0.000	
14:0	-	.030	1	1		0.009	0.012	
15:0	-							
16:0	g 8	.690	1	1		2.464	3.563	
17:0	-							
18:0	0	.350	1	1		3.218	4.654	
20:0								
22:0 24:0								
Fatty acids, total monounsaturated		.220	0	1		3.181	4.600	
14:1	0					37131	2,000	
15:1								
16:1 undifferentiated	g 0	.070	1	1		0.020	0.029	
17:1								
18:1 undifferentiated	-	.150	1	1		3.161	4.572	
20:1	0	.000	0	1		0.000	0.000	
22:1 undifferentiated 24:1 c	•	.000	0	1		0.000	0.000	
Fatty acids, total polyunsaturated	-	.990	0	1		0.281	0.406	
18:2 undifferentiated	0	.960	1	1		0.272	0.394	
18:3 undifferentiated	-	.030	1	1		0.009	0.012	
18:4	g 0	.000	0	1		0.000	0.000	
20:2 n-6 c,c	9							
20:3 undifferentiated	-							
20:4 undifferentiated		.000	0	1		0.000	0.000	
20:5 n-3 (EPA)	-	.000	0	1		0.000	0.000	
21:5	-							
22:5 n-3 (DPA)		.000	0	1		0.000	0.000	
22:6 n-3 (DHA)	0	.000	0	1		0.000	0.000	
Fatty acids, total trans	g							
Cholesterol	-		1	4		0	0	
Phytosterols	mg							
Amino Acids:								
Tryptophan	g 0	.058	0	1		0.016	0.024	
Threonine	g 0	.154	0	1		0.044	0.063	
Isoleucine	0	.151	0	1		0.043	0.062	
Leucine	0	.236	0	1		0.067	0.097	
Lysine	0	.195	0	1		0.055	0.080	
Methionine	0	.040	0	1		0.011 0.014	0.016	
CystinePhenylalanine		.048 .187	0	1		0.014	0.020 0.077	
Tyrosine		.146	0	1		0.033	0.060	
Valine	0	.234	0	1		0.066	0.096	
Arginine	-	.221	0	1		0.063	0.091	
Histidine	g 0	.067	0	1		0.019	0.027	
Alanine	0	.180	0	1		0.051	0.074	
Aspartic acid		.388	0	1		0.110	0.159	
Glutamic acid	0	.586	0	1		0.166	0.240	
Glycine		.175	0	1		0.050	0.072	
Proline		.167 .168	0	1		0.047 0.048	0.068 0.069	
Serine		. 100	U	1		0.048	0.069	
Others:	_	•	_	_				
Alcohol, ethyl	-	. υ	0	7		0.0	0.0	
Caffeine	mg 66		1	1		19	27	

NDB No. 19081 Candies, sweet chocolate

		<u>An</u>	ount in 10	0 grams Number		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients a	Nutrients and Units Mean Std. Er					Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
Thechronine	ma	426		1		1		121	175	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 bar (1.45 oz)

Calories Factors: Protein 1.83 Fat 8.6 Carbohydrate 3.4

Food Group: 19 Sweets

		<u>Am o</u>	unt in 100	gram	s of edi	ble portic	<u>on</u>	Amount in e	dible portion	of common
			N	um be	r				easures of fo	
						Source	Confidence			
Nutrients and Un	its	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	7.70	0.67	1 6		1		3.31	0.85	
Energy	kcal	366		0	NC	4		158	40	
Energy	kJ	1533		0	NC	4		659	169	
Protein (N x 5.9)	g	2.20	0.29	9 5		1		0.95	0.24	
Total lipid (fat)	g	9.30	1.30	0 5		1		4.00	1.02	
Ash	g	0.40	0.02	6 6		1		0.17	0.04	
Carbohydrate, by difference	g	80.40		0	NC	4		34.57	8.84	
Fiber, total dietary	g	2.1		0	FLA	4		0.9	0.2	
Sugars, total	g	71.42		0	FLA	4		30.71	7.86	
Starch	g									
Minanala										
Minerals:	po ~					-		-	•	
Calcium, Ca	_	17 1.56	2.29			1 1		7	2 0.17	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.56 63	0.02	8 4 1		1 1		0.67 27	0.17 7	
Magnesium, Mg Phosphorus, P		63 95		1		1		27 41	10	
Potassium, K	_	168		1		1		72	18	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	26		2		1		11	3	
Zinc, Zn	-	0.45	0.16	_		1		0.19	0.05	
Copper, Cu		0.430		1		1		0.185	0.047	
Manganese, Mn	_	0.400		1		1		0.172	0.044	
Selenium, Se	_	1.6		0	FLA	4		0.7	0.2	
				-		=				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	FLA	4		0.0	0.0	
Thiamin	_	0.026				1		0.011	0.003	
Riboflavin	_	0.058				1		0.025	0.006	
Niacin	_	0.575		2		1		0.247	0.063	
Pantothenic acid		0.024		0	FLA	4		0.010	0.003	
Vitamin B-6	_	0.010)	0	FLA	4		0.004	0.001	
Folate, total		3		0	FLA	4		1	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food		3		0	FLA	4		1	0	
Folate, DFE		3		0	NC	4		1	0	
Choline, total	_	2.8		0	FLA	4		1.2	0.3	
Betaine	_									
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added		0.00		0	FLA	4 4		0.00	0.00 0	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Carotene, beta		0		0	FLA	4		0	0	
Carotene, alpha		· ·		0	FLA	4		-	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		0		0	FLA	4		0	0	
Lycopene		0 4		0	FLA	4		0	0	
Lutein + zeaxanthin				0	FLA	4		2	-	
Vitamin E (alpha-tocopherol)	_	0.13		•	FLA	4		0.06	0.01	
Vitamin E, added		0.00		0	FLA	4 4		0.00	0.00	
Tocopherol, beta		0.00		0	FLA FLA	4		0.00	0.00	
Tocopherol, gamma		0.00		U	FLA	4		0.00	0.00	
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D Vitamin K (phylloquinone)		2.1		0	FLA	4		0.9	0.2	
Dihydrophylloquinone		2.1		Ū	LUA	-		0.5	0.2	
Menaquinone-4										

		Amo) grams Numbei		ble portion			edible portion of easures of foo	
			_							
Nutrients and Ur	nits	Mean	Std. Error			Source Co Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>										
Fatty acids, total saturated	-	5.46		0	FLA	4		2.348	0.601	
4:0		0.00		0	FLA	4		0.000	0.000	
6:0	-	0.00		0	FLA	4		0.000	0.000	
8:0		0.00		0	FLA	4		0.000	0.000	
10:0	_	0.00		0	FLA	4		0.000	0.000	
12:0	-	0.00		0	FLA	4		0.000	0.000	
13:0	-	0.00		0	FLA	4		0.000	0.000	
14:0	_	0.00		0	FLA	4		0.004	0.001	
15:0		0.00		0	FLA	4		0.000	0.000	
16:0	_	2.31		0	FLA	4		0.996	0.255	
17:0		0.00		0	FLA	4		0.002	0.001	
18:0	_	3.03		0	FLA	4		1.305	0.334	
20:0	-	0.02		0	FLA	4		0.011	0.003	
22:0		0.00		0	FLA	4		0.001	0.000	
24:0	-	0.00		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.	-	3.09		0	FLA	4		1.329	0.340	
14:1	_	0.00		0	FLA	4		0.000	0.000	
15:1	•	0.00		0	FLA	4		0.000	0.000	
16:1 undifferentiated	g	0.01		0	FLA	4		0.008	0.002	
17:1	g	0.00	ס	0	FLA	4		0.000	0.000	
18:1 undifferentiated		3.06		0	FLA	4		1.319	0.337	
20:1	-	0.00	ס	0	FLA	4		0.000	0.000	
22:1 undifferentiated	-	0.00		0	FLA	4		0.000	0.000	
24:1 c	g	0.00	ס	0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated		0.30		0	FLA	4		0.129	0.033	
18:2 undifferentiated		0.28		0	FLA	4		0.121	0.031	
18:3 undifferentiated	-	0.01		0	FLA	4		0.006	0.002	
18:4	-	0.00		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	_	0.00		0	FLA	4		0.000	0.000	
20:3 undifferentiated		0.00		0	FLA	4		0.000	0.000	
20:4 undifferentiated	-	0.00		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)	-	0.00)	0	FLA	4		0.000	0.000	
21:5										
22:4	•									
22:5 n-3 (DPA)		0.00		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)		0.00)	0	FLA	4		0.000	0.000	
Fatty acids, total trans	-									
Cholesterol	-	0	0.0	000 3		1		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	_	0.0		0	FLA	4		0.0	0.0	
Caffeine		10		0	FLA	4		4	1	
Theobromine	mg	185		0	FLA	4		80	20	

Common Measures:

Measure 1 = 43g: 1 patty, large Measure 2 = 11.0g: 1 patty, small

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate 3.5

Food Group: 19 Sweets

		Am	ount in 10	o grams	or ear	bie portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence	_		•	
Nutrients and Un	ito	Maan	Std. Error				Code	Magaura 1	Magaura 2	Measure 3	
Nutrients and on	iits	Mean	Stu. Error	Tomics	Oout	Oode	Oode	Measure 1	Measure 2	weasure .	
Proximates:											
Water	g	4.8	5	0	RC	4		0.73			
Energy	kcal	397		0	RC	4		60			
Energy	kJ	1660		0	RC	4		249			
Protein (N x 0)	g	0.0	3	0	RC	4		0.01			
Total lipid (fat)	g	3.3	3	0	RC	4		0.50			
Ash	g	0.1	8	0	RC	4		0.03			
Carbohydrate, by difference	g	91.5	6	0	RC	4		13.73			
Fiber, total dietary	g	0.0		0	RC	4		0.0			
Sugars, total	g	68.4	8	0	RC	4		10.27			
Starch											
Minamala											
Minerals:		•						_			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		0	RC	4		1			
Iron, Fe		0.0	1	0	RC	4		0.00			
Magnesium, Mg	-	0 1		0	RC RC	4 4		0			
Phosphorus, P Potassium, K		3		0	RC	4		0			
Sodium, Na	-	52		0	RC	4		8			
Zinc, Zn	-	0.2	1	0	RC	4		0.03			
Copper, Cu	-	0.0		0	RC	4		0.000			
Manganese, Mn		0.0		0	RC	4		0.000			
Selenium, Se	-	0.7		0	RC	4		0.1			
,											
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0	RC	4		0.0			
Thiamin	-	0.0		0	RC	4		0.004			
Riboflavin	-	0.0		0	RC	4		0.002			
Niacin	-	0.0		0	RC	4		0.000			
Pantothenic acid	-	0.0		0	RC	4		0.001			
Vitamin B-6	-	0.0	00	0	RC	4		0.000			
Folate, total		0		0	RC	4		0			
Folic acid		0		0	RC	4		0			
Folate, food		0		0	RC	4		0			
Folate, DFE		0		0	NC	4		0			
Choline, total											
Betaine	-	0.0	1	•	D.C.	4		0.00			
Vitamin B-12		0.0		0	RC RC	4 4		0.00			
Vitamin B-12, added		27	U	0	RC	4		4			
Vitamin A, RAE		27		0	RC	4		4			
Reunoi		6		0	RC	4		1			
Carotene, beta		0		0	RC	4		0			
Carotene, alpha Cryptoxanthin, beta		0		0	RC	4		0			
Vitamin A, IU		100		0	RC	4		15			
Lycopene		0		0	RC	4		0			
Lutein + zeaxanthin		0		0	RC	4		0			
Vitamin E (alpha-tocopherol)		0.0	9	0	RC	4		0.01			
Vitamin E, added		0.0		0	RC	4		0.00			
Tocopherol, beta	_		-	•		-					
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	RC	4		0.0			
Dihydrophylloquinone											
Menaquinone-4											

Nutrients and Units		<u>Ar</u>	noun			of edil	ble portio	<u>on</u>		dible portion of easures of foo	
Nutrients and Units					Number of Data	Doriv	Source	Confidence	<u></u>	easures or roo	<u>u</u>
Elit words, coal samaracid	Nutrients and Units	Mean	Std	. Error					Measure 1	Measure 2	Measure 3
Elit words, coal samaracid	Linida										
40.		g 2.0	49		0	RC	4		0.307		
SO	•				0						
100.		•			-						
120.		-									
13.0		=									
150.		=									
16.0		=	97		0	RC	4		0.044		
170		-	65		0	RC.	4		0 130		
22-0		=									
22-0			99		-	RC	4		0.060		
24.0		-	05		0	RC	4		0.001		
Fathy acids, total monomatural call — 9											
151			38		0	RC	4		0.126		
16 1	14:1	g									
16-1		-	20		•	D.C.	4		0.006		
18.1 undifferentiated.	•	•			·	-1.0	-		0.000		
Ris C		-									
Ris L		=									
RE-I-I t (18:1 tr /7)		=									
22-11 undifferentiated		9			·	-1.0	-		0.010		
Fatty acids, total polyunsaturated. 9 0.121 0 RC 4 0.018 18.2 undifferentiated. 9 0.006 0 RC 4 0.016 18.2 n.6 c,c. 9 0.086 0 RC 4 0.013 18.2 CLAs. 9 0.011 0 RC 4 0.002 18.2 LL 9 18.3 LL 9 18.3 LL 9 18.3 undifferentiated. 9 0.012 0 RC 4 0.002 18.3 n.5 c,c. (ALA). 9 0.013 0 RC 4 0.002 18.3 n.5 c,c. (ALA). 9 0.013 0 RC 4 0.002 18.3 n.5 c,c. (ALA). 9 0.013 0 RC 4 0.002 18.3 n.5 c,c. (ALA). 9 0.013 0 RC 4 0.002 18.3 n.5 c,c. (ALA). 9 0.013 0 RC 4 0.002 18.3 n.5 c,c. (ALA). 9 0.013 0 RC 4 0.000 18.3 n.5 c,c. (ALA). 9 0.000 0 RC 4 0.000 18.3 n.5 c,c. (ALA). 9 0.000 0 RC 4 0.000 18.4 0 0.000 18.5 n.5 c,c. 9 0 0.000 0 RC 4 0.000 18.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 20.4 n.6 9 0.000 20.4 n.6 9 0.000 20.4 n.6 9 0.000 20.4 n.6 9 0.000 20.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 21.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 22.4 n.5 (DPA). 9 0.000 0 RC 4 0.000 23.4 n.6 9 0.000 24.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 25.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 25.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 26.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 27.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 28.5 n.5 (EPA). 9 0.000 0 RC 4 0.000 29.5 n.5 (EPA). 9 0.000 0 RC 4 0.00		-							0.001		
Fatty acids, total polyunsaturated		=	00		0	RC	4		0.000		
18.2 mdifferentiated			21		0	RC	4		0.018		
18.2 CLAs. 9					0	RC	4				
18.2 t	· · · · · · · · · · · · · · · · · · ·	9									
18:2 i		-	11		0	RC	4		0.002		
18:2 t not further defined			12		0	RC	4		0.002		
18:3 n-3 c,c,c (ALA) 9 0.013 0 RC 4 0.002 18:3 n-6 c,c,c 9 18:4 9 0.000 0 RC 4 0.000 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:3 n-3 9 20:3 n-6 9 20:4 undifferentiated 9 20:5 n-3 (EPA) 9 0.000 0 RC 4 0.000 21:5 9 22:4 9 22:5 n-3 (DPA) 9 0.000 0 RC 4 0.000 22:6 n-3 (DHA) 9 0.000 0 RC 4 0.000 22:6 n-3 (DHA) 9 0.000 0 RC 4 0.000 21:5 9 22:5 n-3 (DPA) 9 0.000 0 RC 4 0.000 21:5 9 22:5 n-3 (DPA) 9 0.000 0 RC 4 0.000 21:5 N-3 (DPA) 9 0.000 0 RC 4 0.000 22:6 N-3 (DPA) 9 0.000 0 RC 4 0.000 23:6 N-3 (DPA) 9 0.000 24:6 N-3 (DPA) 9 0.000 25:6 N-3 (DPA) 9 0.000 26:6 N-3 (DPA) 9 0.000 27:6 N-3 (DPA) 9 0.000 28:6 N-3 (DPA) 9 0.000 29:7 N-5 (DPA) 9 0.000 20:8 N-5 (DPA)											
18:3 n-6 c.c.c. 9											
18:3i		g 0.0	13		0	RC	4		0.002		
18.4		g g									
20:3 undifferentiated			00		0	RC	4		0.000		
20:3 n-3		•									
20:3 n-6		=									
20:4 n-6		=									
20:5 n-3 (EPA)			00		0	RC	4		0.000		
21:5		=	.00		0	D.C.	4		0.000		
22:4	* /	9	00		U	RC	-		0.000		
22:6 n-3 (DHA) 9 0.000 0 RC 4 0.000 Fatty acids, total trans 9 0.131 0 RC 4 0.020 Fatty acids, total trans-monoenoic 9 0.119 0 RC 4 0.018 Fatty acids, total trans-polyenoic 9 0.012 0 RC 4 0.002 Cholesterol mg 9 0 RC 4 1 Phytosterols mg Others: Alcohol, ethyl 9 0 RC 4 0 Caffeine mg 0 0 RC 4 0											
Fatty acids, total trans	` ,	-									
Fatty acids, total trans-monoenoic	` '	-			-						
Fatty acids, total trans-polyenoic					-						
Phytosterolsmg Others: Alcohol, ethyl					0						
Others: Alcohol, ethylg Caffeinemg 0 0 RC 4 0		•			0	RC	4		1		
Alcohol, ethyl	Phytosterols	mg									
Caffeinemg 0 0 RC 4 0											
•					0	P.C	A		0		
		-									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Candies, taffy, prepared-from-recipe

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Code Std. Error Points Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 piece

Carbohydrate Calories Factors: Protein Fat

Food Group: 19 Sweets

		Amo	ount in 10	u gram s	or edi	oie portio	<u>on</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source	Confidence	_		-
Nutrients and Un	ito	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and on	iits	Weali	3tu. 🗀 101					Weasure i	weasure 2	weasure .
Proximates:										
Water	g	0.55		0	RC	4		0.07		
Energy	kcal	560		0	RC	4		67		
Energy	kJ	2342		0	RC	4		281		
Protein (N x 0)	g	1.07		0	RC	4		0.13		
Total lipid (fat)	g	32.75		0	RC	4		3.93		
Ash	g	0.66		0	RC	4		0.08		
Carbohydrate, by difference	g	64.72		0	RC	4		7.77		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	63.47		0	RC	4		7.62		
Starch										
Mr I										
Minerals:				_				_		
Calcium, Ca	-	34		0	RC	4		4		
Iron, Fe		0.03		0	RC	4		0.00		
Magnesium, Mg	_	4		0	RC	4		0		
Phosphorus, P		32		0	RC	4		4 6		
Potassium, K	_	51 135		0	RC	4 4		6 16		
Sodium, Na	_	0.12		0	RC RC	4		0.01		
Zinc, Zn	_	0.12	3	0	RC	4		0.000		
Copper, Cu		0.00		0	RC	4		0.000		
Selenium, Se	_	0.8	2	0	RC	4		0.1		
Selemuni, Se	Р9	0.0		·	I.C	-		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RC	4		0.0		
Thiamin	mg	0.00	8	0	RC	4		0.001		
Riboflavin	mg	0.06	8	0	RC	4		0.008		
Niacin	mg	0.02	9	0	RC	4		0.003		
Pantothenic acid	-	0.13		0	RC	4		0.016		
Vitamin B-6	mg	0.00	9	0	RC	4		0.001		
Folate, total	µg	2		0	RC	4		0		
Folic acid	µg	0		0	RC	4		0		
Folate, food		2		0	RC	4		0		
Folate, DFE		2		0	NC	4		0		
Choline, total										
Betaine	_									
Vitamin B-12		0.11		0	NR	4		0.01		
Vitamin B-12, added		0.00		0	RC	4		0.00		
Vitamin A, RAE		319		0	RC	4		38		
Retinol		314		0	RC	4		38		
Carotene, beta		64		0	RC	4		8		
Carotene, alpha		0		0	RC	4		0		
Cryptoxanthin, beta		0		0	RC	4		0		
Vitamin A, IU		1152		0	RC	4		138		
Lycopene		0		0	RC	4		0		
Lutein + zeaxanthin		0		0	RC	4		0		
Vitamin E (alpha-tocopherol)		0.94		0	RC	4		0.11		
Vitamin E, added	_	0.00		0	RC	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha	_									
Tocotrienol, beta Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)		2.8		0	RC	4		0.3		
Dihydrophylloquinone		2.0		·	I.C	-		0.5		
PHIATOPHARIOUGHIOHE	HY									

	<u>An</u>	ount in	100 grams		ble porti	<u>on</u>		dible portion o	
			Number		Cauras	Confidence	<u></u>	easures or roo	<u>.u</u>
Nutrients and Units	Mean	Std. Err	or Points			Code	Measure 1	Measure 2	Measure 3
Timila.									
Lipids: Fatty acids, total saturated	20.5	65	0	RC	4		2.468		
4:0	•		0	RC	4		0.142		
6:0	-		0	RC	4		0.087		
8:0	•		0	RC RC	4 4		0.051		
12:0	=		0	RC	4		0.111 0.118		
13:0	=								
14:0	=	45	0	RC	4		0.377		
15:0		88	0	RC	4		1.043		
17:0			0	RC	4		0.014		
18:0			0	RC	4		0.480		
20:0		28	0	RC	4		0.003		
22:0									
Fatty acids, total monounsaturated		64	0	RC	4		1.076		
14:1									
15:1									
16:1 undifferentiated			0	RC RC	4 4		0.067 0.024		
16:1 t	=	,	·	I.C	-		0.024		
17:1	=								
18:1 undifferentiated	=		0	RC	4		0.978		
18:1 c	•		0	RC RC	4 4		0.419 0.074		
18:1-11 t (18:1t n-7)	•	13	U	RC	4		0.074		
20:1		21	0	RC	4		0.002		
22:1 undifferentiated		00	0	RC	4		0.000		
24:1 c		22	0	RC	4		0 147		
Fatty acids, total polyunsaturated			0	RC	4		0.147 0.111		
18:2 n-6 c,c	•		0	RC	4		0.053		
18:2 CLAs		55	0	RC	4		0.007		
18:2 t,t	=	61	0	RC	4		0.007		
18:2 i	•	01	· ·	RC	-		0.007		
18:3 undifferentiated		98	0	RC	4		0.036		
18:3 n-3 c,c,c (ALA)	0.0	65	0	RC	4		0.008		
18:3 n-6 c,c,c									
18:3i	=	00	0	RC	4		0.000		
20:2 n-6 c,c	•								
20:3 undifferentiated	=								
20:3 n-3	=								
20:3 n-6		00	0	RC	4		0.000		
20:4 n-6	-								
20:5 n-3 (EPA)	-	00	0	RC	4		0.000		
21:5	•								
22:4		00	0	RC	4		0.000		
22:6 n-3 (DHA)	=		0	RC	4		0.000		
Fatty acids, total trans			0	RC	4		0.081		
Fatty acids, total trans-monoenoic			0	RC	4		0.074		
Fatty acids, total trans-polyenoic		OΤ	0	RC RC	4 4		0.007 12		
Phytosterols	J		·		=				
Others:									
Alcohol, ethyl	9								
Caffeine	mg 0		0	RC	4		0		
Theobromine	ng 0		0	RC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Candies, toffee, prepared-from-recipe

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source C	onfidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
_										
Proximates: Water	a	13.47	7	0	RC	4		1.62	82.42	
Energy		510		0	RC	4		61	3120	
Energy		2133		0	RC	4		256	13056	
Protein (N x 0)		6.21	ı	0	RC	4		0.75	38.02	
Total lipid (fat)		33.76		0	RC	4		4.05	206.64	
• • •		1.44	-	0	RC	4		0.17	8.81	
Ash	-	44.88		0	RC	4		5.39		
Carbohydrate, by difference			3	-					274.66	
Fiber, total dietary		2.5		0	RC	4		0.3	15.3	
Sugars, total		38.31	L	0	RC	4		4.60	234.47	
Starch	g									
Minerals:										
Calcium, Ca	_	157	_	0	RC	4		19	960	
Iron, Fe	_	1.75	5	0	RC	4		0.21	10.70	
Magnesium, Mg		48		0	RC	4		6	296	
Phosphorus, P	_	171		0	RC	4		21	1046	
Potassium, K	_	297		0	RC	4		36	1818	
Sodium, Na	_	68		0	RC	4		8	418	
Zinc, Zn	_	1.55		0	RC	4		0.19	9.49	
Copper, Cu		0.36		0	RC	4		0.044	2.242	
Manganese, Mn		0.35	51	0	RC	4		0.042	2.148	
Selenium, Se	µg	3.4		0	RC	4		0.4	21.1	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.1		0	RC	4		0.0	0.6	
Thiamin	mg	0.08	37	0	RC	4		0.010	0.534	
Riboflavin	mg	0.25	50	0	RC	4		0.030	1.533	
Niacin	mg	0.29	99	0	RC	4		0.036	1.832	
Pantothenic acid	mg	0.41		0	RC	4		0.050	2.554	
Vitamin B-6	mg	0.03	32	0	RC	4		0.004	0.194	
Folate, total	µg	9		0	RC	4		1	58	
Folic acid	µg	0		0	RC	4		0	0	
Folate, food	µg	9		0	RC	4		1	55	
Folate, DFE	µg	9		0	NC	4		1	55	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.49	•	0	RC	4		0.06	2.97	
Vitamin A, RAE	µg	144		0	RC	4		17	879	
Retinol		142		0	RC	4		17	867	
Carotene, beta	µg	19		0	RC	4		2	115	
Carotene, alpha	µg	0		0	RC	4		0	0	
Cryptoxanthin, beta	µg	0		0	RC	4		0	0	
Vitamin A, IU	JU	513		0	RC	4		62	3142	
Lycopene	µg	0		0	RC	4		0	0	
Lutein + zeaxanthin		0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol)		1.82	2	0	RC	4		0.22	11.11	
Vitamin E, added		0.00)	0	RC	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)		6.0		0	RC	4		0.7	36.6	
Dihydrophylloquinone										
Menaquinone-4										

	An	ount in 1	00 grams	of edi	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean	Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	18.4	88	0	RC	4		2.219	113.145	
4:0	0.6	86	0	RC	4		0.082	4.200	
6:0	0.3	20	0	RC	4		0.038	1.960	
8:0	0.2	75	0	RC	4		0.033	1.683	
10:0	0.4	79	0	RC	4		0.057	2.930	
12:0	1.1	81	0	RC	4		0.142	7.230	
13:0	0.0	00	0	RC	4		0.000	0.000	
14:0	1.7	66	0	RC	4		0.212	10.805	
15:0		51	0	RC	4		0.006	0.311	
16:0		78	0	RC	4		0.861	43.932	
17:0		48	0	RC	4		0.006	0.297	
18:0	=	54	0	RC	4		0.738	37.662	
20:0	=		0	RC	4		0.015	0.777	
22:0			0	RC	4		0.002	0.083	
24:0			0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated			0	RC	4		1.516	77.329	
14:1			0	RC	4		0.006	0.295	
15:1			0	RC	4		0.000	0.000	
16:1 undifferentiated	•		0	RC	4		0.037	1.888	
17:1	=		0	RC	4		0.002	0.083	
18:1 undifferentiated			0	RC	4		0.002	44.678	
	=		0	RC	4				
18:1 c	,						0.579	29.506	
18:1 t		00	0	RC	4		0.000	0.000	
18:1-11 t (18:1t n-7)		00	•	20					
20:1			0	RC	4		0.000	0.000	
22:1 undifferentiated	=		0	RC	4		0.000	0.000	
24:1 c			0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated			0	RC	4		0.122	6.198	
18:2 undifferentiatedQ			0	RC	4		0.094	4.770	
18:3 undifferentiated			0	RC	4		0.021	1.048	
18:3 n-3 c,c,c (ALA)			0	RC	4		0.007	0.380	
18:3 n-6 c,c,c	=	00	0	RC	4		0.000	0.000	
18:3i									
18:4			0	RC	4		0.000	0.000	
20:2 n-6 c,c			0	RC	4		0.000	0.000	
20:3 undifferentiated	0.0	00	0	RC	4		0.000	0.000	
20:3 n-3									
20:3 n-6									
20:4 undifferentiatedQ	0.0	00	0	RC	4		0.000	0.000	
20:4 n-6									
20:5 n-3 (EPA)	0.0	00	0	RC	4		0.000	0.000	
21:5	9								
22:4	9								
22:5 n-3 (DPA)	=		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)Q			0	RC	4		0.000	0.000	
Fatty acids, total trans		00	0	RC	4		0.000	0.000	
Fatty acids, total trans-monoenoic	0.0	00	0	RC	4		0.000	0.000	
Fatty acids, total trans-polyenoic)								
Cholesterolr	ng 53		0	RC	4		6	323	
Phytosterolsr	mg								
Others:									
Alcohol, ethylQ							_		
Caffeiner	=		0	RC	4		2	91	
Theobrominer	ng 152		0	RC	4		18	932	

Common Measures:

Measure 1 = 12.0g: 1 piece

Candies, truffles, prepared-from-recipe

Measure 2 = 612g: 1 recipe yield, recipe makes 49 1 " x 1" pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

confectioner's coating

		<u>Am</u>	ount in 10			ble porti	<u>ion</u>		edible portion of	
				Number		_		<u> </u>	easures or roc	<u>, u</u>
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.3	0	5	A	1		1.11	0.18	2.21
Energy	kcal	539		0	NC	4		458	75	916
Energy	kJ	2254		0	NC	4		1916	316	3831
Protein (N x 6.38)	g	5.8	7	3	A	1		4.99	0.82	9.98
Total lipid (fat)	g	32.0	9	5	A	1		27.28	4.49	54.55
Ash	g	1.5	0	3	A	1		1.28	0.21	2.55
Carbohydrate, by difference	g	59.2	4	0	NC	4		50.35	8.29	100.71
Fiber, total dietary	g	0.2		2	AI	13		0.2	0.0	0.3
Sugars, total	g	59.0	0	0	NR	4		50.15	8.26	100.30
Starch	g									
Minerals:										
Calcium, Ca	_	199		3	A	1		169	28	338
Iron, Fe	_	0.2	4	3	A	1		0.20	0.03	0.41
Magnesium, Mg	_	12 176		3 3	A A	1 1		10 150	2 25	20 299
Phosphorus, P				3						
Potassium, K		286 90		3	A A	1 1		243 77	40 13	486 153
Sodium, Na	_	0.7	4	3	A	1		0.63	0.10	1.26
Zinc, Zn Copper, Cu	_	0.0		3	A	1		0.051	0.008	0.102
Manganese, Mn		0.0		0	FLA	4		0.006	0.003	0.013
Selenium, Se		4.5		0	FLA	4		3.8	0.6	7.6
•		1.5		Ū		•		3.0	0.0	,.0
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.5		3	A	1		0.4	0.1	0.9
Thiamin	_	0.0	63	3	A	1		0.054	0.009	0.107
Riboflavin	mg	0.2		3	A	1		0.240	0.039	0.479
Niacin	mg	0.7		3	A	1		0.633	0.104	1.267
Pantothenic acid	_	0.6		3	A	1		0.517	0.085	1.034
Vitamin B-6	_	0.0	56	3	A	1		0.048	0.008	0.095
Folate, total		7		0	FLA	4		6	1	12
Folic acid		0		0	FLA	4		0	0	0
Folate, food		7		0	FLA	4		6	1	12
Folate, DFE		7		0	NC	4		6	1	12
Choline, total	_	29.5		0	0	4		25.0	4.1	50.1
Betaine	_		_							
Vitamin B-12		0.5		0	FLA	4		0.48	0.08	0.96
Vitamin B-12, added		0.0	D	0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		9		0	NC	4		8	1	15
Retinol		9		0	NR	4		8	1	15
Carotene, beta		0		0	Z	7		0	0	0
Carotene, alpha		0		0	FLA	4		0	0	0
Cryptoxanthin, beta		0		0	FLA	4 4		0 26	0	0
Vitamin A, IU		30		•	NR			0	4 0	51 0
Lycopene		0		0	FLA FLA	4 4		0	0	0
Lutein + zeaxanthin.		0.9	_	0	FLA	4		0.82	-	-
Vitamin E (alpha-tocopherol)				0		4			0.13	1.64 0.00
Vitamin E, added		0.0	U	U	FLA	4		0.00	0.00	0.00
Tocopherol, gamma										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0.0	0.0
Vitamin K (phylloquinone)		9.1		0	FLA	4		7.7	1.3	15.5
Dihydrophylloquinone		J.1		Ū	LUA	-		, . ,	1.3	13.3
Dinyurophynoquinone	µg									

	<u>Am οι</u>	unt in 100	0 grams	of edi	Amount in edible portion of common				
			Num ber					easures of foo	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean St	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
	19.412		2	A	1		16 500	2.718	33.000
Fatty acids, total saturatedg			2		1		16.500		
4:0g	0.314		_	A			0.267	0.044	0.534
6:0g	0.155		2	A	1		0.132	0.022	0.264
8:0g	0.115		2	A	1		0.098	0.016	0.196
10:0g	0.220		2	A	1		0.187	0.031	0.374
12:0g	0.629		2	A	1		0.535	0.088	1.069
13:0g									
14:0g	0.797		2	A	1		0.677	0.112	1.355
15:0g									
16:0g	7.947		2	A	1		6.755	1.113	13.510
17:0g									
18:0g	9.145		2	A	1		7.773	1.280	15.547
20:0g	0.004		0	FLA	4		0.004	0.001	0.008
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	9.097		2	A	1		7.732	1.274	15.465
14:1g									
15:1g									
16:1 undifferentiatedg	0.062		2	A	1		0.053	0.009	0.105
17:1g									
18:1 undifferentiatedg	8.990		2	A	1		7.642	1.259	15.283
20:1g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		2	A	1		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	1.013		2	A	1		0.861	0.142	1.722
18:2 undifferentiatedg	0.910		2	A	1		0.774	0.127	1.547
18:3 undifferentiatedg	0.103		2	A	1		0.088	0.014	0.175
18:4g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)	0.000		2	A	1		0.000	0.000	0.000
21:5g	*****		_		_			***************************************	******
22:4g									
22:5 n-3 (DPA)g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterolg	21		2	А	1		18	3	36
_	21		4	A	_		10	3	30
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 85g: 1 bar (3 oz) Measure 2 = 14.0g: 1 tbsp Measure 3 = 170g: 1 cup chips

Calories Factors: Protein 4.3 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

bubble gum Refuse:0%

				00 grams	of edi	ble porti	<u>ion</u>	Amount in edible portion of common measures of food		
				Num be	r			<u>m</u>	easures of foo	<u>oa</u>
Nutrients and Ur	nits	Mean	Std. Erro	of Data or Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		2.6	0 0	.304 3		1		0.08	0.42	0.21
Energy		360		0	NC	4		11	58	29
Energy		1507		0	NC	4		45	241	121
Protein (N x 6.25)	g	0.0		1		1		0.00	0.00	0.00
Total lipid (fat)	g	0.3		2		1		0.01	0.05	0.02
Ash	-	0.4		1		1		0.01	0.06	0.03
Carbohydrate, by difference		96.7		0	NC	4		2.90	15.47	7.74
Fiber, total dietary	g	2.4		0	FLC	4		0.1	0.4	0.2
Sugars, total	g	66.0	8 7	.208 3	LC	8		1.98	10.57	5.29
Starch	g									
Minerals:										
Calcium, Ca	ma	0		1		1		0	0	0
Iron, Fe	_	0.0	0	1		1		0.00	0.00	0.00
Magnesium, Mg	_	0		1		1		0	0	0
Phosphorus, P		0		1		1		0	0	0
Potassium, K	mg	2		0	FLC	4		0	0	0
Sodium, Na	mg	1		0	FLC	4		0	0	0
Zinc, Zn	mg	0.0	0	1		1		0.00	0.00	0.00
Copper, Cu	mg	0.0	00	1		1		0.000	0.000	0.000
Manganese, Mn	mg	0.0	00	1		1		0.000	0.000	0.000
Selenium, Se	µg	0.6		0	FLC	4		0.0	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	_	0.0	00	0	FLC	4		0.000	0.000	0.000
Riboflavin	mg	0.0	00	1		4		0.000	0.000	0.000
Niacin	mg	0.0	00	0	FLC	4		0.000	0.000	0.000
Pantothenic acid	mg	0.0	00	0	FLC	4		0.000	0.000	0.000
Vitamin B-6	mg	0.0	00	0	FLC	4		0.000	0.000	0.000
Folate, total	µg	0		0	FLC	4		0	0	0
Folic acid	µg	0		0	FLC	4		0	0	0
Folate, food		0		0	FLC	4		0	0	0
Folate, DFE	µg	0		0	NC	4		0	0	0
Choline, total		0.0		0	Z	7		0.0	0.0	0.0
Betaine	_									
Vitamin B-12		0.0		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	FLC	4		0	0	0
Retinol		0		0	FLC	4		0	0	0
Carotene, beta		0		0	Z Z	7		0	0	0
Carotene, alpha Cryptoxanthin, beta		0		0	FLC	4		0	0	0
Vitamin A, IU	1 7	0		0	FLC	4		0	0	0
Lycopene		0		0	FLC	4		0	0	0
Lutein + zeaxanthin		0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)		0.0	0	0	FLC	4		0.00	0.00	0.00
Vitamin E, added	_	0.0		0	z	7		0.00	0.00	0.00
Tocopherol, beta				-	_	•				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0	0
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0	0.0
Dihydrophylloquinone										
Menaquinone-4	hā									

	<u>Am o</u>	unt in 10	0 grams	of edi	Amount in edible portion of common				
			Number					easures of foo	
			of Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.042		0		4		0.001	0.007	0.003
4:0	0.000		0		4		0.000	0.000	0.000
6:0g	0.000		0		4		0.000	0.000	0.000
8:0g	0.000		0		4		0.000	0.000	0.000
10:0g	0.000		0		4		0.000	0.000	0.000
12:0g	0.000		0		4		0.000	0.000	0.000
13:0g	0.000		·		-		0.000	0.000	0.000
14:0g	0.000		0		4		0.000	0.000	0.000
15:0g	0.000		·		-		0.000	0.000	0.000
16:0	0.036		0		4		0.001	0.006	0.003
17:0g	0.050		·		-		0.001	0.000	0.003
18:0g	0.005		0		4		0.000	0.001	0.000
20:0g	0.003		U		-		0.000	0.001	0.000
20:0g 22:0g									
24:0g									
Fatty acids, total monounsaturated9	0.079		0		4		0.002	0.013	0.006
14:1g	0.075		·		-		0.002	0.013	0.000
14:1g									
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
17:1 undifferentiatedg	0.000		U		-		0.000	0.000	0.000
18:1 undifferentiatedg	0.079		0		4		0.002	0.013	0.006
20:1g	0.000		0		4		0.002	0.000	0.000
20:1g 22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
22:1 thidifferentiated	0.000		U		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.137		0		4		0.004	0.022	0.011
18:2 undifferentiatedg	0.133		0		4		0.004	0.022	0.011
18:3 undifferentiated	0.004		0		4		0.000	0.021	0.000
18:4g	0.000		0		4		0.000	0.001	0.000
20:2 n-6 c,cg	0.000		U		-		0.000	0.000	0.000
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)	0.000		0		4		0.000	0.000	0.000
20.5 li-5 (EFA)g	0.000		·		-		0.000	0.000	0.000
21:5									
22:5 n-3 (DPA)g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total transg	0.000		U		-1		0.000	0.000	0.000
-	0		0	FLC	4		0	0	0
Cholesterolmg Phytosterolsmg	U		U	FLC	*		U	U	U
•									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	0.0
Caffeinemg	0		0	FLC	4		0	0	0
Theobrominemg	0		0	FLC	4		0	0	0

Common Measures:

Measure 1 = 3.0g: 1 stick Measure 2 = 16g: 10 Chiclets Measure 3 = 8.0g: 1 block

Calories Factors: Protein 1.82 Fat 8.37 Carbohydrate 3.7

Food Group: 19 Sweets

						Amount in edible portion of common				
				Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:			_			_				
Water	_	3.5)	0		4		0.07		
Energy		268		0		4		5		
Energy		1121		0		4		22		
Protein		0.0		1		1		0.00		
Total lipid (fat)	g	0.4		1		1		0.01		
Ash	g	1.3)	0	NR	4		0.03		
Carbohydrate, by difference	g	94.8	0	0	NC	4		1.90		
Fiber, total dietary	g	2.4		0	BFZN	4		0.0		
Sugars, total	g	0.0	ס	0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		0		
Iron, Fe	•	0.0)	0		4		0.00		
Magnesium, Mg		0		0		4		0		
Phosphorus, P		0		0		4		0		
Potassium, K		0		0		4		0		
Sodium, Na	mg	7		0		4		0		
Zinc, Zn	mg	0.0)	0		4		0.00		
Copper, Cu	mg	0.0	00	0		4		0.000		
Manganese, Mn	mg									
Selenium, Se	µg	0.5		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0		
Thiamin	_	0.0	20	1		1		0.000		
Riboflavin		0.0		1		1		0.000		
Niacin		0.0		1		1		0.000		
Pantothenic acid		0.0		_		-		0.000		
Vitamin B-6	_	0.0	00	0		4		0.000		
Folate, total	_	0		0		4		0		
Folic acid		0		0	BFZN	4		0		
Folate, food		0		0	BFZN	4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total		0.0		0	Z	7		0.0		
Betaine	_									
Vitamin B-12		0.0	0	0		4		0.00		
Vitamin B-12, added		0.0	0	0	z	7		0.00		
Vitamin A, RAE		0		0	BFZN	4		0		
Retinol	:. <u>-</u>	0		0	BFZN	4		0		
Carotene, beta	µg	0		0	BFZN	4		0		
Carotene, alpha		0		0	BFZN	4		0		
Cryptoxanthin, beta		0		0	BFZN	4		0		
Vitamin A, IU		0		1		1		0		
Lycopene		0		0	BFZN	4		0		
Lutein + zeaxanthin		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.0)	0	BFZN	4		0.00		
Vitamin E, added		0.0		0	z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0		
Vitamin D		0		0	z	7		0		
	µg	0.0		0	BFZN	4		0.0		

Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3 Measure 4 Measure 2 Measure 3 Me		Amount in	100 grams of ed	Amount in edible portion of common measures of food			
Fatty acids, total saturated	Nutrients and Units	Mean Std. Err			Measure 1	Measure 2	Measure 3
Fatty acids, total saturated							
Fury acids, total saturated	Menaquinone-4µg						
Fury acids, total saturated	Linids:						
440		0.058	0	4	0.001		
60. 9 0.000 0 4 0.000 180. 9 0.000 0 4 0.000 180. 9 0.000 0 4 0.000 120. 9 0.000 0 4 0.000 120. 9 0.000 0 4 0.000 130. 9 0.000 130. 9 0.000 150. 9 0.000 150. 9 0.000 150. 9 0.001 150. 9 0.001 170. 9 0 0.015 180. 9 0.015 180. 9 0.015 180. 9 0.015 180. 9 0.015 181. 9 0.000 181. 0 4 0.000 181. 0 9 0.015 181. 9 0.001 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 181. 9 0.000 182. 9 0.000 183. 9 0.000 184. 0.000 185. 9 0.0000 185. 9 0.0000 185. 9 0.0000 185. 9 0.0000 185. 9 0.0000 185. 9 0.0000 185. 9 0.0000 185. 9 0.0000 185. 9 0.0000 185. 9 0.00000 185. 9 0.00000 185. 9 0.000000000000000000000000000000000							
8.0			-	-			
100			-				
12-0	_		-	=			
13.0							
14-0		0.000	U	-	0.000		
15:0	-	0.000	0	4	0 000		
16.0. 9		0.000	U	*	0.000		
17:0	_	0.041	0	4	0.001		
RS.0		0.041	U	*	0.001		
200	-	0.015	0	4	0.000		
22:0	-	0.015	U	4	0.000		
Party acids, total monounsaturated 9							
Fatty acids, total monounsaturated	-						
14: 9	-		•				
15:1	-	0.093	0	4	0.002		
16:1 undifferentiated	-						
17:1	_						
18:1 undifferentiated	-	0.001	0	4	0.000		
20:1	-						
22:1 undifferentiated			-				
24:1 c	-		-	=			
Fatty acids, total polyunsaturated		0.000	0	4	0.000		
18:2 undifferentiated							
18:3 undifferentiated	-						
18:4	_		-	-			
20:2 n-6 c,c	-						
20:3 undifferentiated	18:4g	0.000	0	4	0.000		
20:4 undifferentiated							
20:5 n-3 (EPA) g 0.000 0 4 0.000 21:5	20:3 undifferentiatedg						
21:5	20:4 undifferentiatedg	0.000	0	4	0.000		
22:4	20:5 n-3 (EPA)g	0.000	0	4	0.000		
22:5 n-3 (DPA) g 0.000 0 4 0.000 22:6 n-3 (DHA) g 0.000 0 4 0.000 Fatty acids, total trans g Cholesterol mg 0 7 0 Phytosterols mg 0 7 0 Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 BFZN 4 0	21:5g						
22:6 n-3 (DHA) g 0.000 0 4 0.000 Fatty acids, total trans g Cholesterol mg 0 7 0 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 BFZN 4 0	22:4g						
Fatty acids, total trans	22:5 n-3 (DPA)g				0.000		
Cholesterol. mg 0 0 7 0 Phytosterols. mg 0 7 0 Others: Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 BFZN 4 0	22:6 n-3 (DHA)g	0.000	0	4	0.000		
Others: Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 BFZN 4 0	Fatty acids, total transg						
Others: Alcohol, ethyl	Cholesterolmg	0	0	7	0		
Alcohol, ethyl	Phytosterolsmg						
Caffeinemg 0 0 BFZN 4 0	Others:						
Caffeinemg 0 0 BFZN 4 0	Alcohol, ethylg	0.0	0	7	0.0		
	Caffeinemg	0	0 BFZN	1 4	0		
	Theobrominemg	0	0 BFZN	1 4	0		

Common Measures:

Measure 1 = 2.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ot</u>	unt in 100 gr	am s	of edi	ble portic	<u>on</u>	Amount in e	dible portion	of common
			Nun	nber					easures of fo	
						Source	Confidence			
Nutrients and Unit	s	Mean S	td. Error Po				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	0.97	0.034	5	A	1		0.27	1.57	
Energy		546	0.034	0	NC	4		155	884	
Energy		2283		0	NC	4		647	3699	
Protein		4.88	0.012	5	A	1		1.38	7.91	
Total lipid (fat)		31.28	0.502	8	A	1		8.87	50.68	
Ash		1.70	0.011	5	A	1		0.48	2.75	
Carbohydrate, by difference	_	61.17	0.011	0	NC	4		17.34	99.09	
•		7.0	0.079	5	A	1		2.0	11.3	
Fiber, total dietary		47.90	0.161	5	A	1		13.58		
Sugars, total		47.90	0.161	5 5	A	1		13.56	77.60 74.93	
Sucrose						1				
Glucose (dextrose)		0.00	0.000	5	A			0.00	0.00	
Fructose		0.00	0.000	5	A	1		0.00	0.00	
Lactose		1.65	0.015	5 5	A	1 1		0.47	2.67	
Maltose		0.00	0.000		A			0.00	0.00	
Galactose		0.00	0.000	5	A	1		0.00	0.00	
Minerals:	5									
Calcium, Ca	ma	56	0.502	5	A	1		16	90	
Iron, Fe		8.02	0.061	5	A	1		2.27	13.00	
Magnesium, Mg		146	2.016	5	A	1		41	237	
Phosphorus, P		206	2.016	5	A	1		58	334	
Potassium, K		559	8.545	5	A	1		159	906	
Sodium, Na		24	0.455	5	A	1		7	39	
Zinc, Zn		2.01	0.023	5	A	1		0.57	3.26	
Copper, Cu	mg	1.028	0.012	5	A	1		0.291	1.666	
Manganese, Mn	mg	1.419	0.026	5	A	1		0.402	2.298	
Selenium, Se	µg	3.0		3	A	1		0.9	4.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.025	0.003	5	A	1		0.007	0.040	
Riboflavin	mg	0.050	0.000	5	A	1		0.014	0.081	
Niacin	mg	0.725	0.008	5	A	1		0.206	1.174	
Pantothenic acid	-	0.297		3	A	1		0.084	0.482	
Vitamin B-6	mg	0.042	0.007	5	A	1		0.012	0.067	
Folate, total	µg									
Folate, DFE										
Choline, total										
Betaine				_						
Vitamin B-12		0.23		3	A	1		0.07	0.38	
Vitamin A, RAE		2		0	AS	1		1	4	
Vitamin A, IU		50		0	AS	1		14	80	
Lycopene		0		3	A	1		0	0	
Lutein + zeaxanthin		31		3	A	1		9	50	
Vitamin E (alpha-tocopherol)		0.54		3	A	1		0.15	0.88	
Tocopherol, beta		0.00		3	A	1		0.00	0.00	
Tocopherol, gamma		6.37		3	A	1		1.81	10.32	
Tocopherol, delta		0.34		3	A	1		0.10	0.55	
Tocotrienol, alpha		0.00		3	A A	1 1		0.00	0.00	
Tocotrienol, beta	-	0.00						0.00	0.00	
Tocotrienol, gamma		0.08		3	A	1		0.02	0.13	
Tocotrienol, delta		0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D		0.7		3	A	1		2.3	13.2	
					Δ			2.3	13 2	
Vitamin K (phylloquinone) Dihydrophylloquinone		8.1 0.0		3	A	1		0.0	0.0	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 18.519 0 NC 5.250 30.000 4:0.....g 0.057 0.002 5 Α 1 0.016 0.092 6:0.....g 0.044 0.001 A 0.013 0.072 0.001 0.029 5 0.008 0.047 8:0.....g Α 1 10:0.....g 0.085 0.001 5 Α 1 0.024 0.137 0.000 5 0.078 12:0.....g Α 1 0.022 0.127 13:0.....g 0.000 0.259 5 0.073 0.420 14:0.....g Α 1 0.033 0.000 5 1 0.054 Α 0.009 7.624 0.094 12.351 5 2.161 16:0.....g Α 1 17:0.....g 0.074 0.001 5 Α 1 0.021 0.121 9.842 0.197 5 1 2.790 15.944 Α 18:0.....g 0.308 0.009 5 А 1 0.087 0.498 0.054 0.002 5 Α 1 0.015 0.087 22:0.....g 0.030 0.001 5 Α 0.008 0.049 24:0.....g 1 0 NC Fatty acids, total monounsaturated............9 9.540 4 2,705 15,454 14:1.....g 0.019 0.000 5 Α 1 0.005 0.030 0.000 0.000 5 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.113 0.002 5 AS 1 0.032 0.183 0.103 0.002 5 А 1 0.029 0.167 16:1 c......g 0.010 0.000 5 А 1 0.003 0.016 16:1 t.....g 0.000 0.000 5 0.000 0.000 1 17:1......g Α 18:1 undifferentiated......g 9.391 0.147 5 AS 1 2.662 15.213 9.312 0.147 5 2.640 15.086 Α 1 18:1 c.....g 0.078 0.000 5 Α 1 0.022 0.126 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.000 5 0.018 Α 1 0.005 0.028 20:1.....g 0.000 0.000 5 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 5 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 0.000 1 0.000 0.000 22:1 t......g Α 0.000 5 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 1.092 NC 4 0.310 1.769 0.026 18:2 undifferentiated......g 0.998 5 AS 1 0.283 1.616 0.947 0.026 A 1 0.268 1.534 18:2 n-6 c.c....g 0.001 5 18:2 CLAs......g 0.027 1 0.008 0.044 18:2 t,t.....g 18:2 i.....g 0.024 0.001 5 1 0.007 0.039 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.002 0.085 5 0.024 0.138 1 AS 18:3 n-3 c,c,c (ALA)......g 0.085 0.002 5 A 1 0.024 0.138 0.000 0.000 5 1 0.000 0.000 18:3 n-6 c,c,c.....g Α 18:3i.....g 0.000 0.000 5 1 0.000 0.000 18:4.....g Α 0.001 0.000 5 Α 1 0.000 0.001 20:2 n-6 c.c.....g 0.000 0.000 5 0.000 0.000 20:3 undifferentiated.....g AS 1 0.000 0.000 5 A 1 0.000 0.000 20:3 n-3.....g 0.000 0.000 5 1 20:3 n-6.....g А 0.000 0.000 0.002 0.000 5 1 0.000 0.003 Α 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.001 0.001 5 А 1 0.000 0.002 0.003 0.000 5 0.001 0.005 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.000 0.000 А 1 0.000 0.000 0.000 0.000 5 0.000 0.000 22:6 n-3 (DHA)......g Α 1 NC Fatty acids, total trans......g 0.112 0 4 0.032 0.182 Fatty acids, total trans-monoenoic......g 0.088 0 NC 4 0.025 0.143 0.024 NC 0.007 0.039 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 8 3 Α 1 2 12 Phytosterols.....mg 1 7 Stigmasterol....mg 25 3 Α 41 11 3 A 1 Campesterol....mg 3 17 3 А 1 Beta-sitosterol....mg 66 19 106

Chocolate, dark, 45-59% cacao solids

	An	nount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethylg Caffeinemg	43		3	A	1		12	69	
Theobrominemg	493		3	A	1		140	798	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 162g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am o</u>	unt in 100 gı	rams	of edi	ble portic	<u>on</u>	Amount in e	edible portion	of common
			Nur	n be i	r				easures of fo	
						Source	Confidence			
Nutrients and Unit	ts	Mean S	itd. Error Po				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	1.25	0.023	6	A	1		0.35	1.40	
Energy		579	0.023	0	NC	4		164	648	
Energy		2422		0	NC	4		687	2713	
Protein		6.12	0.009	6	A	1		1.73	6.85	
Total lipid (fat)		38.31	0.164		A	1		10.86	42.91	
Ash	-	1.90	0.007		A	1		0.54	2.13	
Carbohydrate, by difference	-	52.42	00007	0	NC	4		14.86	58.71	
Fiber, total dietary		8.0	0.082		A	1		2.3	9.0	
Sugars, total		36.71	0.023	6	A	1		10.41	41.11	
Sucrose		36.39	0.023	6	A	1		10.32	40.76	
		0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose)		0.00	0.000	6	A	1		0.00	0.00	
Fructose		0.31	0.000	6	A	1		0.00	0.00	
Lactose		0.00	0.000	6	A	1		0.09	0.35	
Maltose		0.00	0.000		A	1		0.00	0.00	
Galactose		0.00	0.000	Ü		-		0.00	0.00	
Minerals:										
Calcium, Ca	mg	62	0.368	6	A	1		18	69	
Iron, Fe	mg	6.32	0.074	6	A	1		1.79	7.08	
Magnesium, Mg	mg	176	0.600	6	A	1		50	197	
Phosphorus, P	mg	260	1.350	6	A	1		74	292	
Potassium, K		567	3.747	6	A	1		161	634	
Sodium, Na		10	0.354		A	1		3	12	
Zinc, Zn		2.65	0.018	6	A	1		0.75	2.96	
Copper, Cu		1.248			A	1		0.354	1.398	
Manganese, Mn		1.325	0.009	6	A	1		0.376	1.484	
Selenium, Se	µg	8.4		3	A	1		2.4	9.4	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.032		6	A	1		0.009	0.036	
Riboflavin	-	0.049			A	1		0.014	0.055	
Niacin	mg	0.838	0.003	6	A	1		0.238	0.939	
Pantothenic acid	-	0.300		3	A	1		0.085	0.336	
Vitamin B-6	•	0.034	0.001	6	A	1		0.010	0.038	
Folate, total										
Folate, DFE										
Choline, total										
Betaine				_	_	_				
Vitamin B-12		0.18		3	A	1		0.05	0.21	
Vitamin A, RAE		3		0	AS	1 1		1	3	
Vitamin A, IU		50			AS			14	56	
Lycopene		0		3	A	1		0 9	0	
Lutein + zeaxanthin		32 0.59		3 3	A A	1 1		9 0.17	35 0.67	
Vitamin E (alpha-tocopherol)		0.59		3	A A	1		0.17	0.67	
Tocopherol, beta		8.47		3	A A	1		2.40	0.00 9.49	
Tocopherol, gamma Tocopherol, delta		0.34		3	A A	1		2.40 0.10	0.38	
Tocotrienol, alpha		0.34		3	A	1		0.10	0.38	
Tocotrienol, alpha		0.00		3	A	1		0.00	0.00	
Tocotrienol, gamma		0.10		3	A	1		0.03	0.11	
Tocotrienol, delta		0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3)		0.00		3	A	_		0.00	0.00	
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)										
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)										
Vitamin D3 (cnolecalciferol)										
Vitamin K (phylloquinone)		7.2		3	A	1		2.0	8.1	
Dihydrophylloquinone		0.0		3	A	1		0.0	0.0	
Dinyarophynoqumone	µg µg	0.0		3	A	1		0.0	0.0	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 22.031 0 NC 6.246 24.675 4:0.....g 0.040 0.000 6 Α 1 0.011 0.044 6:0.....g 0.030 0.000 A 0.009 0.034 0.000 0.020 6 0.023 8:0.....g Α 1 0.006 10:0.....g 0.064 0.001 6 Α 1 0.018 0.072 0.000 0.056 0.062 12:0.....g 6 Α 1 0.016 13:0.....g 0.000 0.192 6 0.055 0.216 14:0.....g Α 1 0.027 0.000 6 1 Α 0.008 0.031 9.198 0.057 10.301 6 2,607 16:0.....g Α 1 17:0.....g 0.081 0.001 6 Α 1 0.023 0.090 11.860 0.141 6 1 3.362 13.283 Α 18:0.....g 0.364 0.007 6 А 1 0.103 0.408 0.062 0.001 6 Α 1 0.018 0.070 22:0.....g 0.035 0.001 0.010 0.039 24:0.....g Α 1 11.522 NC Fatty acids, total monounsaturated............9 0 4 3,267 12,905 14:1.....g 0.013 0.000 6 Α 1 0.004 0.014 0.000 0.000 6 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.116 0.000 6 AS 1 0.033 0.130 0.110 0.000 6 А 1 0.031 0.123 16:1 c......g 0.006 0.000 6 Α 1 0.002 0.007 16:1 t.....g 0.000 0.000 0.000 0.000 6 1 17:1......g Α 18:1 undifferentiated......g 11.373 0.096 6 AS 1 3.224 12.737 11.318 0.095 6 3.209 Α 1 12.676 18:1 c.....g 0.055 0.001 6 Α 1 0.016 0.062 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.021 0.000 6 Α 1 0.006 0.023 20:1.....g 0.000 0.000 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 22:1 c.....g 0.000 6 Α 1 0.000 0.000 0.000 0.000 6 1 0.000 0.000 22:1 t......g Α 0.000 0.000 6 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 1.221 NC 4 0.346 1.368 0.006 18:2 undifferentiated......g 1,126 6 AS 1 0.319 1.261 1.091 0.006 A 1 0.309 1.222 18:2 n-6 c.c....g 0.000 18:2 CLAs......g 0.017 6 1 0.005 0.020 18:2 t,t.....g 18:2 i.....g 0.017 0.000 6 1 0.005 0.019 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.000 0.088 0.025 0.099 6 1 AS 18:3 n-3 c,c,c (ALA)......g 0.088 0.000 6 A 1 0.025 0.099 0.000 0.000 6 1 0.000 0.000 18:3 n-6 c,c,c.....g Α 18:3i.....g 0.000 0.000 1 0.000 0.000 6 18:4.....g Α 0.001 0.000 6 Α 1 0.000 0.001 20:2 n-6 c.c.....g 0.000 0.000 6 0.000 0.000 20:3 undifferentiated.....g AS 1 0.000 0.000 6 A 1 0.000 0.000 20:3 n-3.....g 0.000 0.000 6 1 20:3 n-6.....g А 0.000 0.000 0.000 0.000 6 1 0.000 0.000 20:4 undifferentiated......g Α 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.000 0.000 6 А 1 0.000 0.000 0.003 0.000 0.001 0.004 22:4.....g 6 Α 1 22:5 n-3 (DPA).....g 0.000 0.000 А 1 0.000 0.000 0.000 0.000 0.000 0.000 22:6 n-3 (DHA)......g 6 Α 1 0.079 NC Fatty acids, total trans......g 0 4 0.022 0.088 Fatty acids, total trans-monoenoic......g 0.061 0 NC 4 0.017 0.069 0.017 NC 0.005 0.019 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 6 Α 1 2 7 Phytosterols.....mg 1 Stigmasterol....mg 29 3 Α 8 32 12 3 A 1 Campesterol....mg 3 13 75 3 А 1 21 Beta-sitosterol....mg 84

Chocolate, dark, 60-69% cacao solids

	<u>An</u>	nount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv		onfidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethylg Caffeinemg	86		3	A	1		24	96	
Theobrominemg	632		3	A	1		179	708	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 112g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portion	<u>on</u>	Amount in e	edible portion	of common
				Number					easures of fo	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
<u>roximates:</u> Water	a	1.3	7	2	A	1		0.39	1.38	
Energy		598	,	0	NC	4		170	604	
Energy		2504		0	NC	4		710	2529	
Protein		7.79	a	2	A	1		2.21	7.87	
Total lipid (fat)		42.6		170 4	A	1		12.08	43.05	
Ash	-	2.3		2	A	1		0.66	2.34	
Carbohydrate, by difference	-	45.90		0	NC	4		13.01	46.36	
Fiber, total dietary		10.9	,	2	A	1		3.1	11.0	
Sugars, total		23.99	a	2	A	1		6.80	24.23	
		23.9		2	A	1		6.80	24.23	
Sucrose		0.00		2	A	1		0.00	0.00	
Glucose (dextrose)		0.00		2	A	1		0.00	0.00	
Fructose		0.00		2	A	1		0.00	0.00	
Lactose		0.00		2	A A	1		0.00	0.00	
Maltose		0.00		2	A	1		0.00	0.00	
Galactose		0.00	J	2	A	1		0.00	0.00	
Minerals:	9									
Calcium, Ca	ma	73		2	A	1		21	74	
Iron, Fe	-	11.9	n	2	A	1		3.37	12.02	
Magnesium, Mg		228	•	2	A	1		65	230	
Phosphorus, P		308		2	A	1		87	311	
Potassium, K		715		2	A	1		203	723	
Sodium, Na		20		2	A	1		6	21	
Zinc, Zn		3.3	L	2	A	1		0.94	3.35	
Copper, Cu		1.70		2	A	1		0.501	1.784	
Manganese, Mn		1.94	48	2	A	1		0.552	1.967	
Selenium, Se	µg	6.8		2	A	1		1.9	6.9	
itamins:										
Vitamin C, total ascorbic acid	mα									
Thiamin	-	0.0	34	2	A	1		0.010	0.034	
Riboflavin		0.0		2	A	1		0.022	0.079	
Niacin		1.0		2	A	1		0.299	1.064	
Pantothenic acid		0.4		2	A	1		0.118	0.422	
Vitamin B-6	-	0.0		2	A	1		0.011	0.038	
Folate, total	•									
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12	µg	0.28	3	2	A	1		0.08	0.28	
Vitamin A, RAE	µg	2		0	AS	1		1	2	
Vitamin A, IU	JU	39		0	AS	1		11	39	
Lycopene	µg	0		2	A	1		0	0	
Lutein + zeaxanthin	µg	27		2	A	1		8	27	
Vitamin E (alpha-tocopherol)		0.59	9	2	A	1		0.17	0.60	
Tocopherol, beta	mg	0.0		2	A	1		0.00	0.01	
Tocopherol, gamma	mg	9.19		2	A	1		2.60	9.28	
Tocopherol, delta		0.29		2	A	1		0.08	0.29	
Tocotrienol, alpha		0.00		2	A	1		0.00	0.00	
Tocotrienol, beta	_	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma	mg	0.14		2	A	1		0.04	0.15	
Tocotrienol, delta		0.00)	2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)										
Vitamin D										
	µg	7.3 0.0		2	A A	1 1		2.1 0.0	7.4 0.0	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 24.489 NC 6.943 24.734 4:0.....g 0.014 2 Α 1 0.004 0.014 6:0.....g 0.008 2 A 1 0.002 0.008 2 0.006 0.002 0.006 8:0.....g Α 1 10:0.....g 0.045 2 Α 1 0.013 0.045 0.017 2 0.017 12:0.....g Α 1 0.005 13:0.....g 2 0.078 0.022 0.079 14:0.....g Α 1 0.016 2 Α 1 0.005 0.016 10.076 2 2.856 10.177 16:0.....g Α 1 17:0.....g 0.086 2 Α 1 0.024 0.087 13.630 2 1 3.864 13.766 Α 18:0.....g 0.408 2 А 1 0.116 0.412 0.068 2 Α 1 0.019 0.068 22:0.....g 0.038 2 А 1 0.011 0.038 24:0.....g 12.781 0 NC 4 Fatty acids, total monounsaturated............9 3,623 12,909 14:1.....g 0.004 2 Α 1 0.001 0.004 0.000 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.106 0 AS 1 0.030 0.107 0.104 2 А 1 0.029 0.105 16:1 c......g 0.002 2 А 1 0.001 0.002 16:1 t.....g 0.000 2 0.000 0.000 1 17:1......g Α 18:1 undifferentiated......g 12.651 0 AS 1 3.587 12.778 12.629 2 3.580 Α 1 12.755 18:1 c.....g 0.023 2 Α 1 0.006 0.023 18:1 t......g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.020 2 Α 1 0.006 0.020 0 0.000 AS 1 0.000 0.000 22:1 undifferentiated......g 22:1 c.....g 0.000 2 Α 1 0.000 0.000 0.000 1 0.000 0.000 22:1 t......g Α 0.000 2 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 1,257 0 NC 4 0.356 1.270 18:2 undifferentiated......g 1,217 0 AS 1 0.345 1.229 1.208 A 1 0.342 1.220 18:2 n-6 c.c....g 18:2 CLAs......g 0.004 2 Α 1 0.001 0.004 18:2 t,t.....g 18:2 i.....g 0.005 2 1 0.001 0.005 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.034 0 0.010 0.034 1 AS 18:3 n-3 c,c,c (ALA)......g 0.034 2 A 1 0.010 0.034 0.000 2 1 0.000 0.000 18:3 n-6 c,c,c.....g Α 18:3i.....g 0.000 2 1 0.000 0.000 Α 18:4.....g 0.001 2 Α 1 0.000 0.001 20:2 n-6 c.c.....g 0.000 0 1 0.000 0.000 20:3 undifferentiated.....g AS 0.000 2 A 1 0.000 0.000 20:3 n-3.....g 0.000 2 1 20:3 n-6.....g А 0.000 0.000 0.001 2 Α 1 0.000 0.001 20:4 undifferentiated......g 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.000 2 Α 1 0.000 0.000 0.004 2 0.001 0.004 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.000 2 А 1 0.000 0.000 0.000 2 0.000 0.000 22:6 n-3 (DHA)......g Α 1 0.030 0 NC 4 0.008 0.030 Fatty acids, total trans-monoenoic......g 0.025 0 NC 4 0.007 0.025 0.005 NC 0.001 0.005 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 3 2 Α 1 1 3 Phytosterols.....mg 2 1 Stigmasterol....mg 31 Α 31 12 2 Α 1 Campesterol....mg 3 12 86 А 1 Beta-sitosterol....mg 24 87

Chocolate, dark, 70-85% cacao solids

	<u>An</u>	nount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl. g Caffeine. mg Theobromine mg	80 802		2 2	A A	1 1		23 227	81 810	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 101g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am our</u>	nt in 100 grams	oreal	ne portio	<u> </u>	Amount in edible portion of common			
			Num be:	•			measures of food			
			of Data	Deriv	Source	Confidence				
Nutrients and Un	nits	Mean Std	. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Natificitis and of		Wear Old					wcasarc i	Wicasure 2	Wedsure	
Proximates:										
Water	g	1.07	0	FLC	4		0.39			
Energy	kcal	541	1	LC	8		200			
Energy	kJ	2262	0	LC	8		837			
Protein	g	5.41	1	LC	8		2.00			
Total lipid (fat)	g	29.73	1	LC	8		11.00			
Ash	g	1.44	0	FLC	4		0.53			
Carbohydrate, by difference	g	62.16	1	LC	8		23.00			
Fiber, total dietary	g	5.4	1	LC	8		2.0			
Sugars, total	g	54.05	1	LC	8		20.00			
Starch										
	_									
Minerals:_										
Calcium, Ca	-	108	1	LC	8		40			
Iron, Fe		4.38	1	LC	8		1.62			
Magnesium, Mg		64	0	FLC	4		24			
Phosphorus, P		152	0	FLC	4		56			
Potassium, K	_	407	0	FLC	4		151			
Sodium, Na	-	41	1 0	LC	8 4		15			
Zinc, Zn	-	1.06 0.469	0	FLC FLC	4		0.39 0.174			
Copper, Cu		0.868	0	FLC	4		0.174			
Selenium, Se	-	3.6	0	FLC	4		1.3			
Selemum, Se	µ9	3.0	· ·	FIIC	-		1.3			
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0	1	LC	8		0.0			
Thiamin	mg	0.085	0	FLC	4		0.032			
Riboflavin	mg	0.170	0	FLC	4		0.063			
Niacin	mg	0.427	0	FLC	4		0.158			
Pantothenic acid	_	0.357	0	FLC	4		0.132			
Vitamin B-6	-	0.082	0	FLC	4		0.030			
Folate, total		14	0	FLC	4		5			
Folic acid		0	0	FLC	4		0			
Folate, food		14	0	FLC	4		5			
Folate, DFE		14	0	NC	4		5			
Choline, total	-	17.6	0	FLC	4		6.5			
Betaine										
Vitamin B-12		0.27	0	FLC	4		0.10			
Vitamin B-12, added		0.00	0	FLC	4		0.00			
Vitamin A, RAE		1	0	NC	4 4		0			
Retinol		0	0	FLC	-		0			
Carotene, beta		1	0	FLC	4		0			
Carotene, alpha		0	0	FLC	4		0			
Cryptoxanthin, beta		0	0	FLC	4		0 1			
Vitamin A, IU		3 0	0	FLC	4		0			
Lycopene		10	0	FLC FLC	4 4		4			
Lutein + zeaxanthin		4.96	0	FLC	4		1.83			
Vitamin E (alpha-tocopherol)		0.00	0	FLC	4		0.00			
Vitamin E, added		0.00	U	4TC	+		0.00			
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	z	7		0.0			
Vitamin D		0	0	Z	7		0			
Vitamin K (phylloquinone)		1.9	0	FLC	4		0.7			
Dihydrophylloquinone		1.0	U	2110	-		0.,			
Menaquinone-4										

	Amount in			ble portion		Amount in edible portion of comm			
		Number	r		<u>m</u>	leasures of for	<u>5a</u>		
		of Data	Deriv	Source Confi	dence				
Nutrients and Units	Mean Std. Er	ror Points	Code	Code Co	ode Measure 1	Measure 2	Measure 3		
Lipids:									
Fatty acids, total saturatedg	28.423	1	LC	8	10.517				
4:0g	0.011	0	FLC	4	0.004				
6:0g	0.002	0	FLC	4	0.001				
8:0g	0.003	0	FLC	4	0.001				
10:0g	0.007	0	FLC	4	0.003				
12:0g	0.006	0	FLC	4	0.002				
13:0g	0.000	0	FLC	4	0.000				
14:0g	0.175	0	FLC	4	0.065				
15:0g	0.000	0	FLC	4	0.000				
16:0g	15.879	0	FLC	4	5.875				
17:0g	0.000	0	FLC	4	0.000				
18:0g	5.573	0	FLC	4	2.062				
20:0g	1.877	0	FLC	4	0.694				
22:0g	3.653	0	FLC	4	1.352				
24:0g	1.174	0	FLC	4	0.434				
Fatty acids, total monounsaturatedg	0.000	1	LC	8	0.000				
14:1g	0.000	0	FLC	4	0.000				
15:1g									
16:1 undifferentiatedg	0.000	0	FLC	4	0.000				
17:1g									
18:1 undifferentiatedg	0.000	0	FLC	4	0.000				
20:1g	0.000	0	FLC	4	0.000				
22:1 undifferentiatedg	0.000	0	FLC	4	0.000				
24:1 cg	0.000	0	FLC	4	0.000				
Fatty acids, total polyunsaturatedg	0.000	1	LC	8	0.000				
18:2 undifferentiated	0.000	0	FLC	4	0.000				
18:3 undifferentiatedg	0.000	0	FLC FLC	<u>4</u> 4	0.000				
18:4g	0.000 0.000	0	FLC	4	0.000				
20:2 n-6 c,cg		0	FLC	4	0.000				
20:3 undifferentiated	0.000 0.000	0	FLC	4	0.000				
20:4 undifferentiatedg	0.000	0	FLC	4	0.000				
20:5 n-3 (EPA)g 21:5g	0.000	U	FLC	4	0.000				
22:4g									
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000				
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000				
Fatty acids, total trans	3.000	ŭ		-	0.000				
Cholesterolg	0	1	LC	8	0				
Phytosterolsmg	·	-		-	Ť				
Others:									
Alcohol, ethylg	0.0	0	FLC	4	0.0				
Caffeinemg	7	0	FLC	4	3				
Theobrominemg	230	0	FLC	4	85				

Common Measures:

Measure 1 = 37g: 1 serving 2 TBSP

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount in 1	oo grams	or ear	ne por tio	<u>)11</u>	Amount in edible portion of commo				
			Number	•			<u>m</u>	<u>od</u>			
					Source (Confidence					
Nutrients and Ur	nite	Mean Std. Erro	r Points			Code	Measure 1	Measure 2	Measure		
Nutrients and Or	iits	Weall Stu. Div	,,				wicasure i	Weasure 2	wicasuie .		
Proximates:											
Water	g	3.00	1		1		0.16				
Energy		486	0	NC	4		26				
Energy		2034	0	NC	4		110				
Protein		16.80	1		1		0.91				
Total lipid (fat)	-	23.71	1		1		1.28				
Ash	-	5.10	0	BFNN	4		0.28				
Carbohydrate, by difference		51.39	0	NC	4		2.78				
Fiber, total dietary		29.8	1		1		1.6				
Sugars, total		1.55	0	BFCN	4		0.08				
Starch		2.55	· ·	22 021	-		*****				
Starcii	9										
Minerals:											
Calcium, Ca	mg	122	0		4		7				
Iron, Fe	_	14.50	0		4		0.78				
Magnesium, Mg		519	0		4		28				
Phosphorus, P		758	0		4		41				
Potassium, K	_	1574	0		4		85				
Sodium, Na	_	20	0		4		1				
Zinc, Zn	_	6.70	0		4		0.36				
Copper, Cu		3.610	0		4		0.195				
Manganese, Mn	_		_								
Selenium, Se	µg	12.3	0	BFPN	4		0.7				
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	1		1		0.0				
Thiamin	mg	0.080	0		4		0.004				
Riboflavin		0.370	0		4		0.020				
Niacin	_	1.800	0		4		0.097				
Pantothenic acid	mg										
Vitamin B-6	_	0.190	0		4		0.010				
Folate, total	µg	38	1		1		2				
Folic acid	µg	0	0	BFCN	4		0				
Folate, food	µg	38	1		1		2				
Folate, DFE	µg	38	0	NC	4		2				
Choline, total	mg	11.9	0	0	4		0.6				
Betaine	mg										
Vitamin B-12	µg	0.00	0		7		0.00				
Vitamin B-12, added	µg	0.00	0	Z	7		0.00				
Vitamin A, RAE	µg	0	0	BFCN	4		0				
Retinol	µg	0	1	BFCN	4		0				
Carotene, beta	µg	0	0	BFCN	4		0				
Carotene, alpha	µg	0	0	BFCN	4		0				
Cryptoxanthin, beta		0	0	BFCN	4		0				
Vitamin A, IU		0	0	NC	4		0				
Lycopene		0	0	BFCN	4		0				
Lutein + zeaxanthin		34	0	BFCN	4		2				
Vitamin E (alpha-tocopherol)	mg	0.09	0	BFCN	4		0.01				
Vitamin E, added		0.00	0	Z	7		0.00				
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma											
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0				
Vitamin D	<u>I</u> U	0	0	Z	7		0				
Vitamin K (phylloquinone)	µg	2.3	0	BFCN	4		0.1				
Dihydrophylloquinone	µg										
Menaquinone-4											

	<u>Am ount</u>	in 100 grams o	of edible portio	<u>on</u>	Amount in edible portion of commeasures of food			
		Number			<u></u>	easures or roc	<u>, u</u>	
Nutrients and Units	Mean Std.	of Data I Error Points (Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Lipids:								
Fatty acids, total saturated	12.640	0	4		0.683			
4:0g	0.000	0	4		0.000			
6:0g	0.000	0	4		0.000			
8:0g	0.000	0	4		0.000			
10:0g	0.000	0	4		0.000			
12:0g	0.000	0	4		0.000			
13:0g								
14:0g	0.028	0	4		0.002			
15:0g								
16:0g	5.787	0	4		0.312			
17:0g	- Tan							
18:0g	6.700	0	4		0.362			
20:0g								
22:0g								
24:0g	7.380	0	4		0.399			
Fatty acids, total monounsaturatedg 14:1g	7.300	U	4		0.399			
15:1	0.000	0	4		0.000			
17:1g	0.000	U	-		0.000			
18:1 undifferentiated	7.380	0	4		0.399			
20:1g	0.000	0	4		0.000			
22:1 undifferentiated	0.000	0	4		0.000			
24:1 cg	0.000	v	*		0.000			
Fatty acids, total polyunsaturatedg	0.769	0	4		0.042			
18:2 undifferentiated	0.769	0	4		0.042			
18:3 undifferentiated	0.000	0	4		0.000			
18:4	0.000	0	4		0.000			
20:2 n-6 c,cg	******	· ·	-		0.000			
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	4		0.000			
20:5 n-3 (EPA)g	0.000	0	4		0.000			
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	4		0.000			
22:6 n-3 (DHA)g	0.000	0	4		0.000			
Fatty acids, total transg								
Cholesterolmg	0	1	1		0			
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	7		0.0			
Caffeinemg	197	0	BFPN 4		11			
Theobrominemg	1763	0	BFPN 4		95			

Common Measures:

Measure 1 = 5.4g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amount in 1	oo grams	oreal	ne portion	Amount in edible portion of comm					
			Num ber	•		<u>m</u>	od_				
					Source Confiden	ce					
Nutrients and Un	its	Mean Std. Erro	r Points		Code Code	Measure 1	Measure 2	Measure 3			
nati ionio ana on			•			ououro .		modouro (
Proximates:											
Water	g	3.00	1		1	0.18	0.15	8.49			
Energy	kcal	479	0	NC	4	29	24	1357			
Energy	kJ	2006	0	NC	4	120	100	5676			
Protein	g	16.80	1		1	1.01	0.84	47.54			
Total lipid (fat)	g	23.71	1		1	1.42	1.19	67.09			
Ash	g	6.79	0	BFNN	4	0.41	0.34	19.22			
Carbohydrate, by difference	g	49.71	0	NC	4	2.98	2.49	140.67			
Fiber, total dietary	g	33.9	0		4	2.0	1.7	95.9			
Sugars, total	g	1.53	0	BFNN	4	0.09	0.08	4.34			
Starch											
Minerals:											
Calcium, Ca	-	122	1		1	7	6	345			
Iron, Fe	-	14.50	1		1	0.87	0.73	41.04			
Magnesium, Mg		476	1		1	29	24	1347			
Phosphorus, P		758	1		1	45	38	2145			
Potassium, K	-	2509	1		1	151	125	7100			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	20	1		1	1	1	57			
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	6.70	1		1	0.40	0.34	18.96			
Copper, Cu		3.610	1		1	0.217	0.181	10.21			
Manganese, Mn		12.2	•	DEDM	4	0.7	0.6	24.0			
Selenium, Se	µg	12.3	0	BFPN	4	0.7	0.6	34.8			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	1		1	0.0	0.0	0.0			
Thiamin	mg	0.080	0		4	0.005	0.004	0.22			
Riboflavin	mg	0.370	0		4	0.022	0.019	1.04			
Niacin	mg	1.800	0		4	0.108	0.090	5.09			
Pantothenic acid	mg										
Vitamin B-6	mg	0.190	0		4	0.011	0.010	0.53			
Folate, total	µg	38	1		1	2	2	108			
Folic acid	µg	0	0	BFNN	4	0	0	0			
Folate, food	µg	38	1		1	2	2	108			
Folate, DFE	µg	38	0	NC	4	2	2	108			
Choline, total		11.4	0	0	4	0.7	0.6	32.3			
Betaine											
Vitamin B-12	µg	0.00	0		7	0.00	0.00	0.00			
Vitamin B-12, added	µg	0.00	0	Z	7	0.00	0.00	0.00			
Vitamin A, RAE	µg	0	0	NC	4	0	0	0			
Retinol	µg	0	0	BFNN	4	0	0	0			
Carotene, beta	µg	0	0	BFNN	4	0	0	0			
Carotene, alpha		0	0	BFNN	4	0	0	0			
Cryptoxanthin, beta		0	0	BFNN	4	0	0	0			
Vitamin A, IU		0	0	NC	4	0	0	0			
Lycopene	µg	0	0	BFNN	4	0	0	0			
Lutein + zeaxanthin		33	0	BFNN	4	2	2	93			
Vitamin E (alpha-tocopherol)		0.18	0	BFFN	4	0.01	0.01	0.51			
Vitamin E, added		0.00	0	z	7	0.00	0.00	0.00			
Tocopherol, beta											
Tocopherol, gamma	-										
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)		0.0	0	Z	7	0.0	0.0	0.0			
Vitamin D		0	0	Z	7	0	0	0			
Vitamin K (phylloquinone)		4.4	0	BFFN	4	0.3	0.2	12.4			
Dihydrophylloquinone											
Menaquinone-4											

		Am	ount in 10			ole portion		Amount in edible portion of comm				
				Number				<u></u>	casares or roc	<u>.u</u>		
Nutrients and Un	its	Mean	Std. Erroi			Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3		
Lipids:												
Fatty acids, total saturated	а	12.6	40	0		4		0.758	0.632	35.771		
4:0	-	0.0		0		4		0.000	0.000	0.000		
6:0	_	0.0		0		4		0.000	0.000	0.000		
8:0		0.0	00	0		4		0.000	0.000	0.000		
10:0	_	0.0		0		4		0.000	0.000	0.000		
12:0	-	0.0	00	0		4		0.000	0.000	0.000		
13:0												
14:0	-	0.0	28	0		4		0.002	0.001	0.079		
15:0	g											
16:0		5.78	37	0		4		0.347	0.289	16.377		
17:0	-											
18:0	-	6.7	00	0		4		0.402	0.335	18.961		
20:0	g											
22:0	g											
24:0	g											
Fatty acids, total monounsaturated	g	7.3	30	0		4		0.443	0.369	20.885		
14:1												
15:1	g											
16:1 undifferentiated	g	0.0	00	0		4		0.000	0.000	0.000		
17:1	g											
18:1 undifferentiated	g	7.3	30	0		4		0.443	0.369	20.885		
20:1	g	0.0	00	0		4		0.000	0.000	0.000		
22:1 undifferentiated	g	0.0	00	0		4		0.000	0.000	0.000		
24:1 c	g											
Fatty acids, total polyunsaturated	g	0.7	59	0		4		0.046	0.038	2.176		
18:2 undifferentiated	g	0.7	59	0		4		0.046	0.038	2.176		
18:3 undifferentiated	g	0.0	00	0		4		0.000	0.000	0.000		
18:4	g	0.0	00	0		4		0.000	0.000	0.000		
20:2 n-6 c,c	g											
20:3 undifferentiated	g											
20:4 undifferentiated	g	0.0	00	0		4		0.000	0.000	0.000		
20:5 n-3 (EPA)	g	0.0	00	0		4		0.000	0.000	0.000		
21:5	g											
22:4	g											
22:5 n-3 (DPA)	g	0.0	00	0		4		0.000	0.000	0.000		
22:6 n-3 (DHA)	g	0.0	00	0		4		0.000	0.000	0.000		
Fatty acids, total trans	g											
Cholesterol	mg	0		1		1		0	0	0		
Phytosterols	mg											
Others:												
Alcohol, ethyl	_	0.0		0		7		0.0	0.0	0.0		
Caffeine		72		0	BFPN	4		4	4	204		
Theobromine	mg	2445		0	BFPN	4		147	122	6919		

Common Measures:

Measure 1 = 6.0g: 1 tablespoon Ghirardelli label 2011 Measure 2 = 5.0g: 1 tablespoon Hershey's label 2011 Measure 3 = 283g: 1 container Ghirardelli label 2011

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am our</u>	t in 100 gra	ams of	edib	le portion	Amount in edible portion of c					
		Num	hor			measures of food						
					i.,	Source Confidence						
Nutrients and Un	nits	Mean Std	. Error Poi	ints Co	oae	Code Code	Measure 1	Measure 2	Measure			
Proximates:												
Water	g	3.00	0.305	8		1	2.58	0.16				
Energy	kcal	228		0	NC	4	196	12				
Energy		952		0	NC	4	819	51				
Protein (N x 5.63)		19.60	0.520	8		1	16.86	1.06				
Total lipid (fat)	g	13.70	0.495	8		1	11.78	0.74				
Ash	g	5.80	0.558	7		1	4.99	0.31				
Carbohydrate, by difference	-	57.90		0	NC	4	49.79	3.13				
Fiber, total dietary		37.0		0	LC	8	31.8	2.0				
Sugars, total		1.75		0 :	BFCN	4	1.50	0.09				
Starch												
Minerals:												
Calcium, Ca	mg	128	8.030	9		1	110	7				
Iron, Fe	-	13.86	1.608	9		1	11.92	0.75				
Magnesium, Mg		499	11.115	9		1	429	27				
Phosphorus, P		734	19.765	9		1	631	40				
Potassium, K	mg	1524	74.068	6		1	1311	82				
Sodium, Na	mg	21	3.184	8		1	18	1				
Zinc, Zn	mg	6.81	0.256	9		1	5.86	0.37				
Copper, Cu	mg	3.788	0.146	9		1	3.258	0.205				
Manganese, Mn	mg	3.837	0.104	9		1	3.300	0.207				
Selenium, Se	µg	14.3	3.095	3	A	1	12.3	0.8				
/itamins:												
Vitamin C, total ascorbic acid	ma	0.0		1		4	0.0	0.0				
Thiamin	-	0.078	0.020	6		1	0.067	0.004				
Riboflavin	-	0.241	0.061	6		1	0.207	0.013				
Niacin	-	2.185	0.455	6		1	1.879	0.118				
Pantothenic acid	-	0.254	0.064	5		1	0.218	0.014				
Vitamin B-6		0.118	0.035	6		1	0.101	0.006				
Folate, total	-	32	0.033	2		1	28	2				
Folic acid		0		0	z	7	0	0				
Folate, food		32		2	4	1	28	2				
, , , , , , , , , , , , , , , , , , ,		32			NC	4	28	2				
Folate, DFE		12.0		0	0	4	10.3	0.6				
Betaine	-	12.0		U	U	4	10.3	0.6				
Vitamin B-12		0.00		1		4	0.00	0.00				
Vitamin B-12, added		0.00		0	z	7	0.00	0.00				
Vitamin A, RAE		0			NC	4	0.00	0.00				
		0			BFSN	4	0	0				
Retinol		0			BFSN	4	0	0				
Carotene, beta		0			BFSN	4	0	0				
Carotene, alpha		0			BFSN	4	0	0				
Cryptoxanthin, beta		0			BFSN	4	0	0				
Vitamin A, IU		0			BFSN	4	0	0				
Lycopene		38				4	32	2				
Lutein + zeaxanthin					BFSN	4		=				
Vitamin E (alpha-tocopherol)		0.10		0 E	BFFN	7	0.09	0.01				
Vitamin E, added		0.00		U	Z	/	0.00	0.00				
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta		0.0		0	z	7	0.0	0 0				
Vitamin D (D2 + D3)					z z		0.0	0.0				
Vitamin D		0		0		7	-	0				
Vitamin K (phylloquinone)		2.5		0 E	BFFN	4	2.2	0.1				
Dihydrophylloquinone												
Menaquinone-4	µg											

	<u>Am</u>	ount in 100	grams o	of edib	le portion		dible portion of	
Nutrients and Units	Mean		of Data I		Source Confiden		Measure 2	Measure 3
Nutrients and onits	Weali	3tu. E101				Weasure	Weasure 2	Wieasure 3
<u>Lipids:</u>			•					
Fatty acids, total saturated			0		1 1	6.940 0.000	0.436 0.000	
6:0	•		0		1	0.000	0.000	
8:0	•		0		1	0.000	0.000	
10:0			0		1	0.000	0.000	
12:0		00	0		1	0.000	0.000	
13:0								
14:0	=	20	6		1	0.017	0.001	
15:0	=		_					
16:0		00	6		1	3.173	0.199	
17:0		:0	6		1	3.655	0.230	
20:0			Ü		_	3.033	0.230	
22:0								
24:0								
Fatty acids, total monounsaturated	4.5	0	0		1	3.930	0.247	
14:1	3							
15:1								
16:1 undifferentiated		00	0		1	0.000	0.000	
17:1			_			2 222		
18:1 undifferentiated			6 0		1 1	3.930	0.247	
20:1 undifferentiated			0		1	0.000 0.000	0.000 0.000	
24:1 c		,,,	Ū		-	0.000	0.000	
Fatty acids, total polyunsaturated		10	0		1	0.378	0.024	
18:2 undifferentiated		<u> 1</u> 0	6		1	0.378	0.024	
18:3 undifferentiated	0.00	00	0		1	0.000	0.000	
18:4	0.00	00	0		1	0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated		_						
20:4 undifferentiated			0		1	0.000	0.000	
20:5 n-3 (EPA)		00	0		1	0.000	0.000	
21:5								
22:5 n-3 (DPA)		10	0		1	0.000	0.000	
22:6 n-3 (DHA)	,		0		1	0.000	0.000	
Fatty acids, total trans								
Cholesterolr	ng 0		1		1	0	0	
Phytosterolsr	ng							
Amino Acids:								
Tryptophan	0.29	3	0		1	0.252	0.016	
Threonine	,		0		1	0.667	0.042	
Isoleucine		50	0		1	0.654	0.041	
Leucine	1.18	39	0		1	1.023	0.064	
LysineQ			0		1	0.845	0.053	
Methionine			0		1	0.174	0.011	
Cystine			0		1	0.206	0.013	
Phenylalanine			0		1	0.809	0.051	
Tyrosine			0		1 1	0.632	0.040 0.064	
Valine			0		1	1.012 0.955	0.064	
Histidine			0		1	0.292	0.018	
Alanine	•		0		1	0.232	0.018	
Aspartic acid			0		1	1.680	0.105	
Glutamic acid			0		1	2.535	0.159	
Glycine	•		0		1	0.756	0.047	
Proline		18	0		1	0.721	0.045	
Serine	=	16	0		1	0.728	0.046	
Hydroxyproline								
Others:								
Alcohol, ethyl	0.0		0		7	0.0	0.0	
Caffeiner	ng 230		1		1	198	12	

NDB No. 19165 Cocoa, dry powder, unsweetened

	<u>Ar</u>	mount in 10	0 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	2057		1		1		1769	111	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 cup Measure 2 = 5.4g: 1 tbsp

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 1.33

Food Group: 19 Sweets

NDB No. 19171 Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa Hershey Food Corp.

Refuse:0%

		Am	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source (Confidence			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	3.0	0	0	NR	4		0.15		
Energy		410		0	NC	4		21		
Energy		1715		0	NC	4		86		
Protein		20.0	0	1	MC	9		1.00		
Total lipid (fat)		10.0		1	MC	9		0.50		
Ash		7.0	0	0	NR	4		0.35		
Carbohydrate, by difference	-	60.0	0	0	NC	4		3.00		
Fiber, total dietary		20.0		1	MC	9		1.0		
Sugars, total		0.0	0	1	MC	9		0.00		
Starch										
Minerals:										
Calcium, Ca	mg	0		1	MC	9		0		
Iron, Fe	-	36.0	0	1	MC	9		1.80		
Magnesium, Mg										
Phosphorus, P	-									
Potassium, K		•		_		•		•		
Sodium, Na	-	0		1	MC	9		0		
Zinc, Zn	-									
Copper, Cu	-									
Selenium. Se	-									
,,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	MC	9		0.0		
Thiamin										
Riboflavin										
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total										
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU		0		1	MC	9		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.0	00	1	MC	9		0.000		
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	-	0		1	MC	9		0		
Phytosterols	mg									

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1

Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Common Measures:

food, or similar food.

Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Dutch cocoa Refuse:0%

		Amou	nt in 100 gra		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
			Num		_			casares or lo	<u>5u</u>	
					Source (Confidence				
Nutrients and Un	its	Mean St	d. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	2.70		2	1		2.32	0.15		
Energy.	-	220		0 NC	4		189	12		
Energy		922		0 NC	4		793	50		
Protein (N x 5.63)		18.10		2	1		15.57	0.98		
Total lipid (fat)		13.10		2	1		11.27	0.71		
Ash		7.80		2	1		6.71	0.42		
		58.30		0 NC	4		50.14	3.15		
Carbohydrate, by difference		29.8		0 NC	1		25.6			
Fiber, total dietary								1.6		
Sugars, total		1.76		0 BFC	1 4		1.52	0.10		
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	111		3	1		95	6		
Iron, Fe	mg	15.52		3	1		13.35	0.84		
Magnesium, Mg	mg	476	14.971	3	1		409	26		
Phosphorus, P	<u>.</u> mg	728	10.406	3	1		626	39		
Potassium, K	mg	2509	585.368	3	1		2158	135		
Sodium, Na	<u>mg</u>	19		2	1		16	1		
Zinc, Zn	mg	6.37	0.254	3	1		5.48	0.34		
Copper, Cu	mg	3.607	0.148	3	1		3.102	0.195		
Manganese, Mn	mg	3.737	0.182	3	1		3.214	0.202		
Selenium, Se	µg	13.2		0 BFPN	4		11.4	0.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	4		0.0	0.0		
Thiamin	mg	0.110		1	4		0.095	0.006		
Riboflavin	mg	0.460		1	4		0.396	0.025		
Niacin	mg	2.400		1	4		2.064	0.130		
Pantothenic acid	mg	0.254		1	4		0.218	0.014		
Vitamin B-6	mg	0.118		1	4		0.101	0.006		
Folate, total	µg	32		1	4		28	2		
Folic acid	µg	0		0 z	7		0	0		
Folate, food	µg	32		1	4		28	2		
Folate, DFE	µg	32		0 NC	4		28	2		
Choline, total	mg	11.4		0 0	4		9.8	0.6		
Betaine	mg									
Vitamin B-12	µg	0.00		1	4		0.00	0.00		
Vitamin B-12, added	µg	0.00		0 z	7		0.00	0.00		
Vitamin A, RAE	µg	0		0 NC	4		0	0		
Retinol	µg	0		0 BFSN	4		0	0		
Carotene, beta	µg	0		0 BFSN	4		0	0		
Carotene, alpha	µg	0		0 BFSN	4		0	0		
Cryptoxanthin, beta	µg	0		0 BFSN	4		0	0		
Vitamin A, IU	<u>I</u> U	0		0 BFSN	4		0	0		
Lycopene	µg	0		0 BFSN	4		0	0		
Lutein + zeaxanthin	µg	38		0 BFSN	4		33	2		
Vitamin E (alpha-tocopherol)	mg	0.10		0 BFFN	4		0.09	0.01		
Vitamin E, added	mg	0.00		0 z	7		0.00	0.00		
Tocopherol, beta	g									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0 Z	7		0.0	0.0		
Vitamin D		0		0 Z	7		0	0		
Vitamin K (phylloquinone)		2.4		0 BFFN	4		2.1	0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

	<u> </u>	mount in 10	00 grams	of edibl	e portion	Amount in e	dible portion o	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv S	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	~	.760	0		1	6.674	0.419	
4:0	•	.000 .000	0		1 1	0.000	0.000	
8:0	•	.000	0		1	0.000	0.000	
10:0	-	.000	0		1	0.000	0.000	
12:0	g 0	.000	0		1	0.000	0.000	
13:0	-	000	_		1	0.015	0 001	
14:0 15:0	-	.020	6		1	0.017	0.001	
16:0	-	.550	6		1	3.053	0.192	
17:0	g							
18:0	•	.080	6		1	3.509	0.220	
20:0 22:0	-							
24:0	-							
Fatty acids, total monounsaturated	•	.390	0		1	3.775	0.237	
14:1								
15:1	•		•		_			
16:1 undifferentiated	-	.000	0		1	0.000	0.000	
18:1 undifferentiated	-	.390	6		1	3.775	0.237	
20:1	-	.000	0		1	0.000	0.000	
22:1 undifferentiated	.g 0	.000	0		1	0.000	0.000	
24:1 c	-				_			
Fatty acids, total polyunsaturated	•	.420 .420	0 6		1 1	0.361 0.361	0.023 0.023	
18:2 undifferentiated	.0	.000	0		1	0.000	0.023	
18:4	.0	.000	0		1	0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated		.000	0		1	0.000	0.000	
20:5 n-3 (EPA) 21:5		.000	U		1	0.000	0.000	
22:4	-							
22:5 n-3 (DPA)	g 0	.000	0		1	0.000	0.000	
22:6 n-3 (DHA)	~	.000	0		1	0.000	0.000	
Fatty acids, total trans			1		4	0	0	
CholesterolPhytosterols			1		4	U	U	
•	9							
Amino Acids:	a 0	271	0		1	0 222	0.015	
Tryptophan Threonine	.0	.271 .716	0 0		1	0.233 0.616	0.015 0.039	
Isoleucine	.0	.701	0		1	0.603	0.038	
Leucine	-	.097	0		1	0.943	0.059	
Lysine	•	.907	0		1	0.780	0.049	
Methionine	•	.187	0		1	0.161	0.010	
CystinePhenylalanine	•	.221 .869	0 0		1	0.190 0.747	0.012 0.047	
Tyrosine	.0	.678	0		1	0.583	0.047	
Valine	•	.086	0		1	0.934	0.059	
Arginine	•	.025	0		1	0.882	0.055	
Histidine	•	.312	0		1	0.268	0.017	
Alanine	•	.834 .802	0 0		1	0.717 1.550	0.045 0.097	
Aspartic acidGlutamic acid	•	.802 .720	0		1	2.339	0.097	
Glycine	.0	.812	0		1	0.698	0.044	
Proline		.773	0		1	0.665	0.042	
Serine	•	.781	0		1	0.672	0.042	
Hydroxyproline	.g							
Others:								
Alcohol, ethyl	•	.0	0		7	0.0	0.0	
Caffeine	.mg 78		1		1	67	4	

	<u>Ar</u>	nount in 10	0 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error		 	Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	2634		1	1		2265	142	

Common Measures:

Measure 1 = 86g: 1 cup Measure 2 = 5.4g: 1 tbsp

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 1.33

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 100	grams	of edi	ble portion		Amount in edible portion of common			
			N	lum ber				<u>m</u>	easures of fo	<u>od</u>	
						Source Confide	ence				
Nutrients and Un	its	Mean	Std. Error					Measure 1	Measure 2	Measure	
Proximates:											
Water	g	62.9	1	0	RC	4		88.71	531.00		
Energy		161		0	RC	4		227	1361		
Energy	kJ	675		0	RC	4		951	5693		
Protein (N x 0)		1.7	5	0	RC	4		2.46	14.74		
Total lipid (fat)	g	3.4	3	0	RC	4		4.84	28.95		
Ash		1.0	7	0	RC	4		1.51	9.03		
Carbohydrate, by difference	g	30.8	4	0	RC	4		43.48	260.28		
Fiber, total dietary		1.4		0	RC	4		2.0	11.8		
Sugars, total		19.68	8	0	RC	4		27.75	166.08		
Sucrose											
Glucose (dextrose)											
Fructose											
Lactose											
Maltose											
Galactose											
Starch											
Minerals:											
	ma	25		•	D.C.	4		F0	299		
Calcium, Ca	-	35 0.8	2	0	RC RC	4 4		50 1.15	299 6.90		
Iron, Fe		8	2	0		4		11	65		
Magnesium, Mg	_	28		0	RC RC	4		40	240		
Phosphorus, P		28 78		0	RC	4		40 110	660		
Potassium, K	_	351		0	RC	4		495	2963		
Sodium, NaZinc, Zn		0.1	٥	0	RC	4		0.26	1.56		
Copper, Cu		0.0		0	RC	4		0.100	0.596		
Manganese, Mn		0.1		0	RC	4		0.183	1.098		
Selenium, Se		3.5	30	0	RC	4		5.0	29.9		
				-		_					
Vitamins:				•	20			2.0	10.0		
Vitamin C, total ascorbic acid	_	2.2		0	RC	4		3.2	18.9		
Thiamin	-	0.0		0	RC	4		0.118	0.704		
Riboflavin		0.0		-	RC	4 4		0.115	0.686		
Niacin		0.8		0	RC			1.193	7.139		
Pantothenic acid	•	0.0		0	RC	4 4		0.130	0.779		
Vitamin B-6		0.0	40	0	RC			0.057	0.339		
Folate, total		16		0	RC	4 4		22	133		
Folic acid		12		0	RC			17 5	102		
Folate, food		4		0	RC	4			31		
Folate, DFE		24		U	NC	4		34	204		
Choline, total	_										
Betaine	_	0.00	•	•	D.C.	4		0.00	0.03		
Vitamin B-12		0.0		0	RC	4 4		0.00 0.00	0.03		
Vitamin B-12, added			U		RC				0.00		
Vitamin A, RAE		29 26		0	RC	4 4		40 36	242		
Retinol		26 30		0	RC RC	4		43	216 256		
Carotene, beta		0		0	RC RC	4		43	256 0		
Carotene, alpha		8		0	RC RC	4		0 11			
Cryptoxanthin, beta		8 142		0	RC RC	4		200	64 1199		
Vitamin A, IU Lycopene		142		0	RC RC	4		200	1199		
, ,		19		0	RC	4		26	157		
Lutein + zeaxanthin		0.3	ρ	0	RC RC	4		26 0.53			
Vitamin E (alpha-tocopherol)				0		4			3.18 0.00		
Vitamin E, added		0.0	U	U	RC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	mg										

	Amount in			ble porti	<u>on</u>		edible portion e	
		Number				<u></u>	easures or roc	<u> </u>
Nutrients and Units	Mean Std. Err	of Data or Points			Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg								
Vitamin D (D2 + D3)µg								
Vitamin D		_		_				
Vitamin K (phylloquinone)	4.1	0	RC	4		5.8	34.9	
Dihydrophylloquinoneµg								
Menaquinone-4µg								
Lipids:								
Fatty acids, total saturated	0.685	0	RC	4		0.965	5.778	
4:0g	0.000	0	RC	4		0.000	0.000	
6:0g	0.000	0	RC	4		0.000	0.000	
	0.000	0	RC RC	4				
8:0g		_				0.000	0.000	
10:0g	0.000	0	RC	4		0.000	0.000	
12:0g	0.000	0	RC	4		0.000	0.003	
13:0g								
14:0g	0.007	0	RC	4		0.010	0.059	
15:0g	0.000	0	RC	4		0.000	0.000	
16:0g	0.411	0	RC	4		0.580	3.471	
17:0g	0.000	0	RC	4		0.000	0.000	
18:0g	0.266	0	RC	4		0.375	2.246	
-		0		4				
20:0g	0.000	_	RC	_		0.000	0.000	
22:0g	0.000	0	RC	4		0.000	0.000	
24:0g	0.000	0	RC	4		0.000	0.000	
Fatty acids, total monounsaturatedg	1.334	0	RC	4		1.881	11.257	
14:1g	0.000	0	RC	4		0.000	0.000	
15:1g	0.000	0	RC	4		0.000	0.000	
16:1 undifferentiatedg	0.000	0	RC	4		0.000	0.003	
17:1g	0.000	0	RC	4		0.000	0.000	
18:1 undifferentiated	1.333	0	RC	4		1.880	11.254	
	0.000	0	RC	4				
20:1g						0.000	0.000	
22:1 undifferentiated	0.000	0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated	1.144	0	RC	4		1.613	9.654	
	1.075	0	RC	4		1.515	9.071	
18:2 undifferentiated								
18:3 undifferentiatedg	0.069	0	RC	4		0.097	0.582	
18:4g	0.000	0	RC	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	RC	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	RC	4		0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	RC	4		0.000	0.000	
	0.000	J	I.C	-		0.000	0.000	
Fatty acids, total transg	0	0	RC	4		0	0	
Cholesterolmg Phytosterolsmg	U	U	RC	4		U	U	
•								
Others:								
Alcohol, ethylg	0.0	0	RC	4		0.0	0.0	
Caffeinemg	0	0	RC	4		0	0	
Theobrominemg	0	0	RC	4		0	0	

Common Measures:

Measure 1 = 141g: .5 cup

Measure 2 = 844g: 1 recipe yield

Calories Factors:

NDB No. 19186

Desserts, apple crisp, prepared-from-recipe

Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amo	ount in 10	o grams	orear	bie portic	<u> </u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	<u>od</u>	
						Source	Confidence				
Nutrients and Un	ite	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on		Weari (Jtu. 11 101					Wicasarc 1	measure 2	weasure .	
Proximates:											
Water	g	78.86		0	RC	4		111.20	444.01		
Energy	kcal	104		0	NC	4		147	588		
Energy	kJ	437		0	NC	4		616	2459		
Protein (N x 0)	g	5.02		0	RC	4		7.08	28.27		
Total lipid (fat)	g	4.58		0	RC	4		6.45	25.76		
Ash	g	0.76		0	RC	4		1.06	4.25		
Carbohydrate, by difference	g	11.00		0	0	4		15.51	61.93		
Fiber, total dietary	g	0.0		0	RC	4		0.0	0.0		
Sugars, total	g	11.00		0	0	4		15.51	61.93		
Starch											
3.6.	-										
Minerals:											
Calcium, Ca	-	107		0	RC	4		151	604		
Iron, Fe		0.35		0	RC	4		0.50	2.00		
Magnesium, Mg		11		0	RC	4		15	61		
Phosphorus, P		113		0	RC	4		159	634		
Potassium, K		148		0	RC	4		209	833		
Sodium, Na	-	61		0	RC	4		87	346		
Zinc, Zn	-	0.54	_	0	RC	4		0.77	3.06		
Copper, Cu		0.028		0	RC	4		0.039	0.157		
Manganese, Mn	-	0.010)	0	RC	4		0.014	0.056		
Selenium, Se	µg	8.8		0	RC	4		12.5	49.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0	0.0		
Thiamin	mg	0.038	3	0	RC	4		0.054	0.215		
Riboflavin		0.240)	0	RC	4		0.339	1.352		
Niacin	-	0.105	5	0	RC	4		0.148	0.590		
Pantothenic acid	mg	0.569	•	0	RC	4		0.802	3.201		
Vitamin B-6	-	0.048	3	0	RC	4		0.067	0.269		
Folate, total	-	10		0	RC	4		14	55		
Folic acid		0		0	RC	4		0	0		
Folate, food	µg	10		0	RC	4		14	55		
Folate, DFE		10		0	NC	4		14	55		
Choline, total											
Betaine	mg										
Vitamin B-12	µg	0.39		0	RC	4		0.55	2.20		
Vitamin B-12, added	ug	0.00		0	RC	4		0.00	0.00		
Vitamin A, RAE	µg	49		0	NC	4		70	278		
Retinol		49		0	RC	4		69	275		
Carotene, beta		6		0	RC	4		9	35		
Carotene, alpha		0		0	RC	4		0	0		
Cryptoxanthin, beta		2		0	RC	4		2	9		
Vitamin A, IU		175		0	NC	4		246	983		
Lycopene		0		0	RC	4		0	0		
Lutein + zeaxanthin		59		0	RC	4		83	331		
Vitamin E (alpha-tocopherol)		0.22		0	RC	4		0.31	1.25		
Vitamin E, added		0.00		0	RC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)		0.2		0	RC	4		0.4	1.4		
Dihydrophylloquinone											
Menaquinone-4											

	<u>Am</u>	ount in 10	00 grams	of edi	ble portion	<u>!</u>		edible portion	
			Number	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 2.1	64	0	RC	4		3.051	12.181	
4:0		64	0	RC	4		0.091	0.363	
6:0	g 0.0	64	0	RC	4		0.091	0.363	
8:0	g 0.0	65	0	RC	4		0.092	0.366	
10:0	g 0.0	65	0	RC	4		0.092	0.366	
12:0	g 0.0	67	0	RC	4		0.094	0.376	
13:0	g 0.0	00	0	RC	4		0.000	0.000	
14:0	g 0.2	63	0	RC	4		0.371	1.480	
15:0	g 0.0	01	0	RC	4		0.001	0.004	
16:0	-	12	0	RC	4		1.568	6.261	
17:0		03	0	RC	4		0.004	0.017	
18:0	g 0.4	55	0	RC	4		0.641	2.560	
20:0	g 0.0	02	0	RC	4		0.003	0.010	
22:0		02	0	RC	4		0.003	0.012	
24:0	g 0.0	01	0	RC	4		0.001	0.003	
Fatty acids, total monounsaturated	-	79	0	RC	4		1.944	7.762	
14:1	_	01	0	RC	4		0.002	0.008	
15:1									
16:1 undifferentiated		53	0	RC	4		0.075	0.298	
17:1	-								
18:1 undifferentiated		19	0	RC	4		1.860	7.425	
20:1	_	05	0	RC	4		0.007	0.028	
22:1 undifferentiated	_	01	0	RC	4		0.001	0.003	
24:1 c	-								
Fatty acids, total polyunsaturated	_	10	0	RC	4		0.578	2.310	
18:2 undifferentiated		07	0	RC	4		0.434	1.731	
18:3 undifferentiated		70	0	RC	4		0.099	0.396	
18:4		00	0	RC	4		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		25	0	RC	4		0.036	0.142	
20:5 n-3 (EPA)		01	0	RC	4		0.001	0.004	
21:5									
22:4									
22:5 n-3 (DPA)	_	00	0	RC	4		0.000	0.000	
22:6 n-3 (DHA)		07	0	RC	4		0.009	0.037	
Fatty acids, total trans									
Cholesterol			0	RC	4		118	473	
Phytosterols									
•	•								
Others:	•								
Alcohol, ethyl	-		^	20	4		0	•	
Caffeine			0	RC RC	4 4		0	0	
Theobromine	iiiy 0		U	RC	4		U	0	

Common Measures:

Measure 1 = 141g: .5 cup

Measure 2 = 563g: 1 recipe yield

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>Am oun</u>	t in 100 grams	or edi	DIE PORTIO	<u>11</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of fo	<u>od</u>	
					Source C	Confidence				
Nutrients and Un	ite	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3	
Nati onto ana on		mean ota.					measure i	incusure 2	in cusure (
Proximates:										
Water	g	68.05	0	RC	4		104.11	1041.77		
Energy	kcal	145	0	NC	4		223	2227		
Energy	kJ	609	0	NC	4		931	9319		
Protein (N x 0)	g	4.53	0	RC	4		6.93	69.30		
Total lipid (fat)	g	4.03	0	RC	4		6.16	61.64		
Ash	g	0.62	0	RC	4		0.95	9.46		
Carbohydrate, by difference	g	22.78	0	NC	4		34.86	348.83		
Fiber, total dietary	g	0.0	0	RC	4		0.0	0.0		
Sugars, total	g	23.15	0	RC	4		35.41	354.38		
Starch	g									
Minerals:										
Calcium, Ca	ma	83	0	RC	4		127	1271		
Iron, Fe	_	0.38	0	RC	4		0.59	5.87		
Magnesium, Mg		9	0	RC	4		14	136		
Phosphorus, P		96	0	RC	4		146	1464		
Potassium, K	mg	118	0	RC	4		181	1813		
Sodium, Na	mg	53	0	RC	4		82	816		
Zinc, Zn	<u>.</u> mg	0.47	0	RC	4		0.72	7.25		
Copper, Cu	mg	0.028	0	RC	4		0.043	0.428		
Manganese, Mn	mg	0.010	0	RC	4		0.015	0.155		
Selenium, Se	µg	8.7	0	RC	4		13.3	133.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	RC	4		0.0	0.0		
Thiamin	mg	0.032	0	RC	4		0.049	0.486		
Riboflavin	mg	0.210	0	RC	4		0.321	3.212		
Niacin	mg	0.082	0	RC	4		0.126	1.256		
Pantothenic acid	mg	0.514	0	RC	4		0.786	7.864		
Vitamin B-6	mg	0.044	0	RC	4		0.067	0.675		
Folate, total	µg	9	0	RC	4		14	145		
Folic acid	µg	0	0	RC	4		0	0		
Folate, food	µg	9	0	RC	4		14	145		
Folate, DFE	µg	9	0	NC	4		14	145		
Choline, total	mg									
Betaine	_									
Vitamin B-12		0.36	0	RC	4		0.54	5.44		
Vitamin B-12, added		0.00	0	RC	4		0.00	0.00		
Vitamin A, RAE		46	0	RC	4		70	699		
Retinol		45	0	RC	4		69	691		
Carotene, beta		5	0	RC	4		8	81		
Carotene, alpha		0	0	RC	4		0	0		
Cryptoxanthin, beta		2	0	RC	4		3	27		
Vitamin A, IU		161	0	RC	4		246	2460		
Lycopene		0	0	RC	4		0	0		
Lutein + zeaxanthin		65	0	RC	4		99	995		
Vitamin E (alpha-tocopherol)		0.23	0	RC	4		0.35	3.47		
Vitamin E, added		0.00	0	RC	4		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta Tocotrienol, alpha										
-										
Tocotrienol, beta Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)		0.2	0	RC	4		0.3	3.1		
Dihydrophylloquinone		V.2	3	I.C	-		0.5	J.±		
	HY									

	Amount in			ble portion	<u> </u>	Amount in edible portion of common measures of food		
		Num be		Source Confid	donoo	<u></u>	easures or roc	<u>, , , , , , , , , , , , , , , , , , , </u>
Nutrients and Units	Mean Std. Er	ror Points				leasure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	1.799	0	RC	4		2.752	27.540	
4:0g	0.048	0	RC	4		0.073	0.728	
6:0	0.048	0	RC	4		0.073	0.728	
8:0g	0.048	0	RC	4		0.074	0.720	
10:0g	0.048	0	RC	4		0.074	0.737	
12:0g	0.050	0	RC	4		0.074	0.758	
13:0g	0.000	0	RC	4		0.000	0.000	
14:0g	0.196	0	RC	4		0.300	3.004	
15:0g	0.001	0	RC	4		0.001	0.012	
16:0	0.966	0	RC	4		1.478	14.789	
17:0g	0.003	0	RC	4		0.005	0.051	
18:0	0.387	0	RC	4		0.592	5.921	
20:0g	0.002	0	RC	4		0.003	0.030	
22:0g	0.002	0	RC	4		0.004	0.036	
24:0g	0.001	0	RC	4		0.001	0.009	
Fatty acids, total monounsaturatedg	1.266	0	RC	4		1.937	19.387	
14:1g	0.002	0	RC	4		0.002	0.024	
15:1g	0.002	·	-1.0	-		0.002	0.021	
16:1 undifferentiatedg	0.058	0	RC	4		0.089	0.895	
17:1g		-		_				
18:1 undifferentiatedg	1.200	0	RC	4		1.836	18.374	
20:1g	0.005	0	RC	4		0.008	0.084	
22:1 undifferentiated	0.001	0	RC	4		0.001	0.009	
24:1 cg		-		_				
Fatty acids, total polyunsaturatedg	0.392	0	RC	4		0.600	6.000	
18:2 undifferentiatedg	0.302	0	RC	4		0.462	4.623	
18:3 undifferentiatedg	0.054	0	RC	4		0.083	0.827	
18:4g	0.000	0	RC	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.028	0	RC	4		0.043	0.427	
20:5 n-3 (EPA)g	0.001	0	RC	4		0.001	0.012	
21:5								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.007	0	RC	4		0.011	0.111	
Fatty acids, total transg								
Cholesterolmg	90	0	RC	4		137	1373	
Phytosterolsmg								
Others:								
Alcohol, ethylg								
Caffeinemg	0	0	RC	4		0	0	
Theobrominemg	0	0	RC	4		0	0	

Common Measures:

Measure 1 = 153g: .5 cup

Measure 2 = 1531g: 1 recipe yield

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>A11</u>			of edi	Amount in edible portion of common				
				Number				<u>m</u>	easures of foo	<u>5a</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	62.9	4	0	RC	4		508.59	127.15	
Energy		225	*	0	RC	4		1817	454	
Energy		941		0	RC	4		7601	1900	
Protein (N x 0)		4.1	4	0	RC	4		33.43	8.36	
Total lipid (fat)		16.0		0	RC	4		129.26	32.32	
Ash		0.7		0	RC	4		6.17	1.54	
Carbohydrate, by difference		16.0		0	RC	4		129.87	32.47	
		0.6		0	RC	4		4.7	1.2	
Fiber, total dietary		14.8		0	RC	4		119.66	29.91	
Sugars, total		14.0	1	U	RC	4		119.00	29.91	
Starch	g									
Minerals:										
Calcium, Ca	mg	96		0	RC	4		774	194	
Iron, Fe	mg	0.5	5	0	RC	4		4.42	1.10	
Magnesium, Mg	mg	20		0	RC	4		161	40	
Phosphorus, P	<u>mg</u>	117		0	RC	4		944	236	
Potassium, K	mg	143		0	RC	4		1153	288	
Sodium, Na	<u>mg</u>	38		0	RC	4		308	77	
Zinc, Zn	-	0.6		0	RC	4		5.19	1.30	
Copper, Cu		0.0		0	RC	4		0.603	0.151	
Manganese, Mn		0.0		0	RC	4		0.473	0.118	
Selenium, Se	µg	7.4		0	RC	4		59.4	14.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RC	4		1.0	0.3	
Thiamin	mg	0.0	45	0	RC	4		0.361	0.090	
Riboflavin	mg	0.2	05	0	RC	4		1.658	0.415	
Niacin	mg	0.1	46	0	RC	4		1.177	0.294	
Pantothenic acid	mg	0.5	33	0	RC	4		4.309	1.077	
Vitamin B-6	mg	0.0	58	0	RC	4		0.468	0.117	
Folate, total	µg	15		0	RC	4		124	31	
Folic acid	µg	0		0	RC	4		0	0	
Folate, food	µg	15		0	RC	4		124	31	
Folate, DFE	µg	15		0	NC	4		124	31	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.4	7	0	NR	4		3.78	0.94	
Vitamin B-12, added	µg	0.0	0	0	RC	4		0.00	0.00	
Vitamin A, RAE	µg	140		0	RC	4		1135	284	
Retinol		138		0	RC	4		1115	279	
Carotene, beta	µg	27		0	RC	4		214	54	
Carotene, alpha		3		0	RC	4		26	6	
Cryptoxanthin, beta	µg	3		0	RC	4		23	6	
Vitamin A, IU		509		0	RC	4		4113	1028	
Lycopene		0		0	RC	4		0	0	
Lutein + zeaxanthin		94		0	RC	4		757	189	
Vitamin E (alpha-tocopherol)		0.5		0	RC	4		4.16	1.04	
Vitamin E, added		0.0	0	0	RC	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	•									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D		1 6		0	D.C.	4		10 7	2 2	
Vitamin K (phylloquinone) Dihydrophylloquinone		1.6		0	RC	4		12.7	3.2	
LUDVATORNVILOGIURORE	µu									

	<u>Amount i</u>	n 100 grams	Amount in edible portion of common					
		Number	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	9.151	0	RC	4		73.942	18.486	
4:0g	0.312	0	RC	4		2.517	0.629	
6:0g	0.203	0	RC	4		1.637	0.409	
8:0g	0.137	0	RC	4		1.110	0.278	
10:0g	0.252	0	RC	4		2.035	0.509	
12:0g	0.278	0	RC	4		2.244	0.561	
13:0g	0.000	0	RC	4		0.000	0.000	
14:0g	1.018	0	RC	4		8.222	2.055	
15:0g	0.001	0	RC	4		0.009	0.002	
16:0g	4.150	0	RC	4		33.532	8.383	
17:0g	0.004	0	RC	4		0.035	0.009	
18:0g	2.611	0	RC	4		21.094	5.273	
20:0g	0.003	0	RC	4		0.022	0.005	
22:0g	0.003	0	RC	4		0.026	0.006	
24:0g	0.001	0	RC	4		0.006	0.002	
Fatty acids, total monounsaturatedg	5.027	0	RC	4		40.619	10.155	
14:1g	0.002	0	RC	4		0.016	0.004	
15:1g								
16:1 undifferentiatedg	0.269	0	RC	4		2.170	0.543	
17:1g								
18:1 undifferentiatedg	4.627	0	RC	4		37.382	9.346	
20:1g	0.007	0	RC	4		0.058	0.015	
22:1 undifferentiatedg	0.001	0	RC	4		0.006	0.002	
24:1 cg								
Fatty acids, total polyunsaturated	0.879	0	RC	4		7.105	1.776	
18:2 undifferentiatedg	0.656	0	RC	4		5.300	1.325	
18:3 undifferentiatedg	0.176	0	RC	4		1.424	0.356	
18:4g	0.000	0	RC	4		0.000	0.000	
20:2 n-6 c.cg								
20:3 undifferentiated								
20:4 undifferentiated	0.037	0	RC	4		0.297	0.074	
20:5 n-3 (EPA)g	0.001	0	RC	4		0.007	0.002	
21:5								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.010	0	RC	4		0.077	0.019	
Fatty acids, total transg								
Cholesterolmg	140	0	RC	4		1134	283	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	RC	4		0.0	0.0	
Caffeinemg	7	0	RC	4		56	14	
Theobrominemg	45	0	RC	4		361	90	

Common Measures:

Measure 1 = 808g: 1 recipe yield

Measure 2 = 202g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amount in 1	00 grams	of edi	ole portion		Amount in edible portion of common			
			Number					easures of foo		
					Source Confid	40000				
Nutrients and L	Inite	Mean Std. Erro			Code Co		Measure 1	Measure 2	Measure 3	
Nutrients and C	Jilli S	Mean Sta. D10	,	0000			Weasure i	Weasure 2	weasure .	
Proximates:										
Water	g	1.00	1		4		0.09	0.57		
Energy	kcal	363	0	NC	4		33	207		
Energy	kJ	1519	0		4		137	866		
Protein (N x 5.6)	g	2.40	1		4		0.22	1.37		
Total lipid (fat)	g	3.30	1		4		0.30	1.88		
Ash	g	1.40	1		4		0.13	0.80		
Carbohydrate, by difference	g	91.50	0	NC	4		8.24	52.16		
Fiber, total dietary		5.1	0	FLM	4		0.5	2.9		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	166	1		4		15	95		
Iron, Fe	mg	2.55	1		4		0.23	1.45		
Magnesium, Mg	mg	81	1		4		7	46		
Phosphorus, P	mg	129	1		4		12	74		
Potassium, K	mg	430	1		4		39	245		
Sodium, Na	<u>mg</u>	187	0	NR	4		17	107		
Zinc, Zn	mg	1.58	1		4		0.14	0.90		
Copper, Cu	mg	0.735	1		4		0.066	0.419		
Manganese, Mn		0.643	1		4		0.058	0.367		
Selenium, Se	µg	2.9	0	FLM	4		0.3	1.7		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0	1		4		0.0	0.0		
Thiamin	-	0.014	1		4		0.001	0.008		
Riboflavin		0.063	1		4		0.006	0.036		
Niacin	-	0.306	1		4		0.028	0.030		
Pantothenic acid	_	0.044	1		4		0.004	0.025		
Vitamin B-6	-	0.032	1		4		0.003	0.018		
Folate, total	_	6	1		4		1	3		
Folic acid		0	0	Z	7		0	0		
Folate, food		6	1		4		1	3		
Folate, DFE		6	0	NC	4		1	3		
Choline, total										
Betaine	mg									
Vitamin B-12	µg	0.00	1		4		0.00	0.00		
Vitamin B-12, added	µg	0.00	0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	0	0	AS	1		0	0		
Retinol	µg	0	0	Z	7		0	0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU		3	1		4		0	2		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 10	0 grams	Amount in 6	Amount in edible portion of common				
			Number			measures of food			
Nutrients and Units	Mean	Std. Error	of Data		Source Confidenc Code Code	e Measure 1	Measure 2	Measure 3	
Lipids:									
Fatty acids, total saturated	1.94	1 0	0		1	0.175	1.106		
4:0g									
6:0g									
8:0g									
10:0g									
12:0g 13:0g									
14:0g	0.00	00	1		1	0.000	0.000		
15:0g			-		_		******		
16:0g	0.84	10	1		1	0.076	0.479		
17:0g									
18:0g	1.09	90	1		1	0.098	0.621		
20:0g									
22:0g									
24:0	1 0	20	^		1	0 00=	0.615		
Fatty acids, total monounsaturatedg	1.08	30	0		1	0.097	0.616		
14:1g 15:1g									
16:1 undifferentiated	0.03	10	1		1	0.001	0.006		
17:1g			_		_	0.002	******		
18:1 undifferentiatedg	1.0	70	1		1	0.096	0.610		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.10	00	0		1	0.009	0.057		
18:2 undifferentiatedg	0.09		1		1	0.008	0.051		
18:3 undifferentiatedg	0.00	00	1		1	0.000	0.000		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiated									
20:5 n-3 (EPA)									
21:5g									
22:4g									
22:5 n-3 (DPA)g									
22:6 n-3 (DHA)g									
Fatty acids, total transg									
Cholesterolmg	0		1		4	0	0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.03	30	0		1	0.003	0.017		
Threonineg	0.08	38	0		1	0.008	0.050		
Isoleucineg	0.08	35	0		1	0.008	0.048		
Leucineg	0.13	36	0		1	0.012	0.078		
Lysineg	0.13		0		1	0.011	0.068		
Methionineg	0.02		0		1	0.002	0.014		
Cystineg	0.02		0		1	0.002	0.014		
Phenylalanineg	0.10		0		1	0.010	0.061		
Tyrosineg	0.0		0		1	0.007	0.044		
Valineg	0.1		0		1	0.012 0.013	0.076		
Arginine	0.14		0		1	0.013	0.084 0.022		
Alanine	0.0		0		1	0.012	0.022		
Aspartic acid	0.2		0		1	0.012	0.131		
Glutamic acid	0.3		0		1	0.032	0.200		
Glycineg	0.18		0		1	0.017	0.106		
Prolineg	0.14	48	0		1	0.013	0.084		
Serineg	0.10	01	0		1	0.009	0.058		
Hydroxyprolineg									
Others:									
Alcohol, ethylg									
Caffeinemg	13		0	FLM	4	1	7		

NDB No. 19220

Desserts, rennin, chocolate, dry mix

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Carbohydrate 3.6

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

Measure 2

Measure 3

424

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 57g: 1 package (2 oz)

Calories Factors: Protein 2.2 **Fat** 8.37

Food Group: 19 Sweets

Refuse:0%

Lipids:

		Ame	ount in 100	grams	Amount in edible portion of common					
			1	Num be i	•				easures of fo	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	ď	6.50		2		1		0.64		
Energy	-	84		0	NC	4		8		
Energy		351		·		4		35		
Protein (N x 6.25)		1.00		2		1		0.10		
, ,	_			2		1				
Total lipid (fat)		0.10		2		1		0.01		
Ash	_	72.50						7.18		
Carbohydrate, by difference		19.80		0	NC	4		1.96		
Fiber, total dietary		0.0		0		7		0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	_	3733		2		1		370		
Iron, Fe	mg	7.07		2		1		0.70		
Magnesium, Mg	_	18	10.3			1		2		
Phosphorus, P		340		2		1		34		
Potassium, K	_	292		2		1		29		
Sodium, Na	_	26050		2		1		2579		
Zinc, Zn	•	6.36		2		1		0.63		
Copper, Cu		0.20		2		1		0.020		
Manganese, Mn	_	0.89	5	2		1		0.089		
Selenium, Se	µg	0.0		0	Z	7		0.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		1		4		0.0		
Thiamin	_	0.00		1		4		0.000		
Riboflavin	_	0.00		1		4		0.000		
Niacin	mg	0.00		1		4		0.000		
Pantothenic acid	_	0.00		1		4		0.000		
Vitamin B-6	_	0.00	0	1		4		0.000		
Folate, total		0		1		4		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		1		4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total	_									
Betaine	_									
Vitamin B-12		0.00		1		4		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	ua									

	<u>Am ou</u>	ınt in 100 grams Number	Amount in edible portion of common measures of food			
Nutrients and Units	Mean St	of Data d. Error Points	 rce Confidence de Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	0.041	0	4	0.004		
4:0g	0.000	0	4	0.000		
6:0g	0.000	0	4	0.000		
8:0g	0.000	0	4	0.000		
10:0g	0.000	0	4	0.000		
12:0g	0.000	0	4	0.000		
13:0g						
14:0g	0.004	0	4	0.000		
15:0g						
16:0g	0.021	0	4	0.002		
17:0g						
18:0g	0.014	0	4	0.001		
20:0g						
22:0g						
24:0g						
Fatty acids, total monounsaturatedg	0.038	0	4	0.004		
14:1g						
15:1g						
16:1 undifferentiatedg	0.004	0	4	0.000		
17:1g						
18:1 undifferentiatedg	0.033	0	4	0.003		
20:1g	0.000	0	4	0.000		
22:1 undifferentiated	0.000	0	4	0.000		
24:1 cg						
Fatty acids, total polyunsaturated	0.007	0	4	0.001		
18:2 undifferentiatedg	0.005	0	4	0.000		
18:3 undifferentiatedg	0.001	0	4	0.000		
18:4g	0.000	0	4	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg						
20:4 undifferentiatedg	0.001	0	4	0.000		
20:5 n-3 (EPA)g	0.000	0	4	0.000		
21:5g						
22:4g						
22:5 n-3 (DPA)g	0.000	0	4	0.000		
22:6 n-3 (DHA)g	0.000	0	4	0.000		
Fatty acids, total transg						
Cholesterolmg	0	1	4	0		
Phytosterolsmg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0		
Caffeinemg						
Theobrominemg						

Common Measures:

Measure 1 = 9.9g: 1 package (0.35 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edi	ble portion	<u>1</u>	Amount in e	dible portion	of common
				Number					easures of foo	
						Sauraa C	anfidanaa			
							onfidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.4	0	1		4		0.04	0.17	
Energy		383		0		4		41	165	
Energy		1602		0		4		173	689	
Protein (N x 5.6)		0.0	0	1		4		0.00	0.00	
Total lipid (fat)		0.0	0	1		4		0.00	0.00	
Ash	-	0.6		1		4		0.06	0.26	
Carbohydrate, by difference		99.0	0	0	NC	4		10.69	42.57	
Fiber, total dietary		0.0		0	FLM	4		0.0	0.0	
Sugars, total				_		_			•••	
Starch										
//inerals:_										
Calcium, Ca	mg	117		1		4		13	50	
Iron, Fe	mg	0.0	7	1		4		0.01	0.03	
Magnesium, Mg	mg	1		1		4		0	0	
Phosphorus, P	mg	91		1		4		10	39	
Potassium, K	mg	3		1		4		0	1	
Sodium, Na	mg	6		1		4		1	3	
Zinc, Zn	<u>m</u> g	0.0	4	1		4		0.00	0.02	
Copper, Cu	-	0.0		1		4		0.006	0.025	
Manganese, Mn	-	0.0	09	1		4		0.001	0.004	
Selenium, Se	µg	0.7		0	FLM	4		0.1	0.3	
Vitamins:	ma	0.0		1		4		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	-	0.0	00	1		4		0.000	0.000	
Riboflavin		0.0		1		4		0.002	0.009	
Niacin	-	0.0		1		4		0.002	0.009	
Pantothenic acid	-	0.0		1		4		0.000	0.000	
Vitamin B-6		0.0		1		4		0.000	0.000	
Folate, total	_	0	-	1		4		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total										
Betaine										
Vitamin B-12	-	0.0	0	1		4		0.00	0.00	
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU	J <u>U</u>	0		1		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Lunyarophyllogumone	uu									

NDB No. 19222

Desserts, rennin, vanilla, dry mix

	Amount in 100 grams of edible portion Number of Data Deriv Source Confidence							Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3			
Lipids: Fatty acids, total saturated												
Fatty acids, total trans	0		1		4		0	0				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.8g: 1 tbsp

Measure 2 = 43g: 1 package (1.5 oz)

Calories Factors: Protein 3.9 Fat 9 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Am oı</u>	unt in 100 g	rams	<u>n</u>	Amount in edible portion of common				
			Nu	nbei				'	easures of fo	
						Source	Confidence			
Nutrients and U	nits	Mean S	td. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.70	0.043	6		1		1.45	0.36	
Energy	kcal	410		0	NC	4		349	86	
Energy		1715		0		4		1458	360	
Protein (N x 6.3)		6.90	0.286	6		1		5.87	1.45	
Total lipid (fat)	g	6.40	0.161	6		1		5.44	1.34	
Ash	g	2.20	0.060	6		1		1.87	0.46	
Carbohydrate, by difference	g	82.80		0	NC	4		70.38	17.39	
Fiber, total dietary		0.0		0	FLA	4		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	228	4.423	6		1		194	48	
Iron, Fe	mg	1.93	0.088	6		1		1.64	0.41	
Magnesium, Mg	mg	45		0	FLA	4		38	9	
Phosphorus, P	mg	332		0	FLA	4		282	70	
Potassium, K	mg	540		0	FLA	4		459	113	
Sodium, Na	_	281		0	FLA	4		239	59	
Zinc, Zn	mg	1.05		0	FLA	4		0.89	0.22	
Copper, Cu		0.046		0	FLA	4		0.039	0.010	
Manganese, Mn		0.020		0	FLA	4		0.017	0.004	
Selenium, Se	µg	16.6		0	FLA	4		14.1	3.5	
Vitamins:	ma	0.4		0	FLA	4		0.3	0.1	
Vitamin C, total ascorbic acid Thiamin	_	0.145	0.001		FLA	1		0.123	0.030	
Riboflavin		0.143	0.001			1		0.123	0.030	
Niacin	-	0.412	0.011	0	FLA	4		0.330	0.067	
Pantothenic acid	-	2.238		0	FLA	4		1.903	0.470	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.216		0	FLA	4		0.184	0.470	
Folate, total	• • • • • • • • • • • • • • • • • • • •	30		0	FLA	4		25	6	
Folic acid		0		0	FLA	4		0	0	
Folate, food		30		0	FLA	4		25	6	
Folate, DFE		30		0	NC	4		25	6	
Choline, total									· ·	
Betaine	-									
Vitamin B-12	-	1.17		0	FLA	4		0.99	0.25	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A. RAE		63		0	NC	4		54	13	
Retinol		63		0	0	4		54	13	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		217	13.661	6		1		184	46	
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	ua									

	Amount in 100 grams of edible portion						Amount in edible portion of common			
				Number					easures of foo	
Nutrients and Units	Mean	Std.				Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	_					_				
Fatty acids, total saturated	•	030 010		0 1		1 1		1.726 0.009	0.426 0.002	
6:0	•	010		1		1		0.009	0.002	
8:0	•	000		1		1		0.000	0.000	
10:0		010		1		1		0.009	0.002	
12:0	=	010		1		1		0.009	0.002	
13:0	=	050		1		1		0.043	0.011	
15:0								0.010	0.022	
16:0	•	430		1		1		1.216	0.300	
17:0	•			_		_				
18:0 20:0	•	510		1		1		0.434	0.107	
22:0	•									
24:0	9									
Fatty acids, total monounsaturated		400		0		1		2.040	0.504	
14:1 15:1										
16:1 undifferentiated	•	190		1		1		0.162	0.040	
17:1										
18:1 undifferentiated		190		1		1		1.862	0.460	
20:1		020		1		1		0.017	0.004	
22:1 undifferentiated		000		1		1		0.000	0.000	
Fatty acids, total polyunsaturated	=	850		0		1		0.723	0.179	
18:2 undifferentiated		710		1		1		0.604	0.149	
18:3 undifferentiated	•	020		1		1		0.017	0.004	
18:4										
20:2 n-6 c,c										
20:4 undifferentiated		090		1		1		0.077	0.019	
20:5 n-3 (EPA)		000		1		1		0.000	0.000	
21:5										
22:4		000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)		020		1		1		0.017	0.004	
Fatty acids, total trans										
Cholesterol	•			0	FLA	4		220	54	
Phytosterols	mg									
Amino Acids:										
Tryptophan	•	094		0	FLA	4		0.080	0.020	
Threonine	•	401 368		0 0	FLA FLA	4 4		0.341 0.312	0.084 0.077	
Leucine	•	623		0	FLA	4		0.512	0.077	
Lysine	•	553		0	FLA	4		0.470	0.116	
Methionine	•	153		0	FLA	4		0.130	0.032	
Cystine	•	130		0	FLA	4		0.110	0.027	
Phenylalanine	•	261 257		0 0	FLA FLA	4 4		0.222 0.218	0.055 0.054	
Valine	•	381		0	FLA	4		0.324	0.034	
Arginine	•	361		0	FLA	4		0.307	0.076	
Histidine	•	156		0	FLA	4		0.133	0.033	
Alanine	•	341		0 0	FLA	4		0.290	0.072	
Aspartic acid	•	681 031		0	FLA FLA	4 4		0.579 0.876	0.143 0.217	
Glycine	•	185		0	FLA	4		0.158	0.039	
Proline	•	351		0	FLA	4		0.298	0.074	
Serine	•	475		0	FLA	4		0.404	0.100	
Hydroxyproline	3									
Others:										
Alcohol, ethyl	=	0		0	FLA	4		0.0	0.0	
Caffeine	ııy									

NDB No. 19169 Egg custards, dry mix

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code

Code

Measure 1

Measure 2

Measure 3

Theobromine mo

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.3 Fat 9 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Am</u>	ount in 100	grams	Amount in edible portion of common					
				Num ber				m	easures of fo	<u>od</u>
						Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	74.4	4	0	RP	4		104.95		
Energy	_	112	-	0	RP	4		159		
Energy		470		0	RP	4		663		
Protein		4.1	2	0	RP	4		5.82		
		2.8		0	RP	4		3.99		
Total lipid (fat)		1.00		0	RP	4		1.41		
Ash	-	17.6		0	RP	4		24.82		
Carbohydrate, by difference		0.0	L	0	RP	4		0.0		
Fiber, total dietary			2	0		4		6.54		
Sugars, total		4.63		-	RP					
Sucrose		0.0		0	RP	4		0.01		
Glucose (dextrose)		0.0		0	RP	4		0.01		
Fructose	g	0.03		0	RP	4		0.01		
Lactose		4.59		0	RP	4		6.47		
Maltose	g	0.03		0	RP	4		0.01		
Galactose		0.03	L	0	RP	4		0.02		
Starch	g									
Minerals:										
Calcium, Ca	mg	146		0	RP	4		206		
Iron, Fe	mg	0.3	3	0	RP	4		0.47		
Magnesium, Mg	mg	17		0	RP	4		25		
Phosphorus, P	mg	137		0	RP	4		193		
Potassium, K	mg	214		0	RP	4		302		
Sodium, Na	<u>mg</u>	87		0	RP	4		123		
Zinc, Zn	mg	0.63	1	0	RP	4		0.86		
Copper, Cu	mg	0.0	12	0	RP	4		0.018		
Manganese, Mn		0.03	16	0	RP	4		0.022		
Selenium, Se	µg	4.9		0	RP	4		7.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4		0.3		
Thiamin	mg	0.0		0	RP	4		0.078		
Riboflavin	mg	0.2	35	0	RP	4		0.332		
Niacin	mg	0.1	35	0	RP	4		0.191		
Pantothenic acid		0.68		0	RP	4		0.963		
Vitamin B-6	mg	0.00	66	0	RP	4		0.093		
Folate, total		8		0	RP	4		12		
Folic acid	µg	0		0	RP	4		0		
Folate, food	µg	8		0	RP	4		12		
Folate, DFE	µg	8		0	NC	4		12		
Choline, total		13.5		0	RP	4		19.1		
Betaine	_	0.9		0	RP	4		1.2		
Vitamin B-12		0.58		0	RP	4		0.82		
Vitamin B-12, added		0.00	0	0	RP	4		0.00		
Vitamin A, RAE		61		0	NC	4		86		
Retinol		60		0	RP	4		85		
Carotene, beta		4		0	RP	4		5		
Carotene, alpha		0		0	RP	4		0		
Cryptoxanthin, beta		0		0	RP	4		0		
Vitamin A, IU		208		0	NC	4		293		
Lycopene		0		0	RP	4		0		
Lutein + zeaxanthin		0		0	RP	4		0		
Vitamin E (alpha-tocopherol)		0.03		0	RP	4		0.04		
Vitamin E, added		0.00		0	RP	4		0.00		
Tocopherol, beta		0.00		0	RP	4		0.00		
Tocopherol, gamma	mg	0.00		0	RP	4		0.00		
Tocopherol, delta	mg	0.00	0	0	RP	4		0.00		
	mg	0.00		0	RP	4		0.00		

	An	ount in 10	0 gram s	of edi	Amount in edible portion of common				
			Number					easures of foo	•
					Source (Confidence		<u> </u>	<u> </u>
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.0	0	0	RP	4		0.00		
Tocotrienol, delta		0	0	RP	4		0.00		
Vitamin D (D2 + D3)	ıg 1.1		0	AS	1		1.6		
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)			0	RP	4		1.6		
Vitamin D			0	RP	4		63		
Vitamin K (phylloquinone)			0	RP RP	4 4		0.2		
Dihydrophylloquinone			U	RP	4		0.0		
Menaquinone-4	ià								
Lipids:	1.4	75	0	DD.	4		2.080		
Fatty acids, total saturated	,		0	RP RP	4 4		0.101		
6:0	,		0	RP	4		0.054		
8:0			0	RP	4		0.026		
10:0			0	RP	4		0.066		
12:0			0	RP	4		0.073		
13:0		02	0	RP	4		0.003		
14:0	0.1	69	0	RP	4		0.238		
15:0	0.0	18	0	RP	4		0.026		
16:0	0.7	39	0	RP	4		1.042		
17:0			0	RP	4		0.015		
18:0			0	RP	4		0.428		
20:0	=		0	RP	4		0.005		
22:0		02	0	RP	4		0.003		
24:0	=	0.6	0	RP	4		1.263		
Fatty acids, total monounsaturated	,		0	RP	4		0.019		
15:1			0	RP	4		0.005		
16:1 undifferentiated	•		0	RP	4		0.077		
17:1			0	RP	4		0.006		
18:1 undifferentiated		14	0	RP	4		1.148		
20:1	0.0	05	0	RP	4		0.007		
22:1 undifferentiated	0.0	00	0	RP	4		0.001		
24:1 c									
Fatty acids, total polyunsaturated			0	RP	4		0.283		
18:2 undifferentiated			0	RP	4		0.239		
18:3 undifferentiated			0	RP	4 4		0.015		
18:4		00	U	RP	4		0.000		
20:2 n-6 c,c		0.3	0	RP	4		0.004		
20:4 undifferentiated			0	RP	4		0.020		
20:5 n-3 (EPA)			0	RP	4		0.000		
21:5									
22:4)								
22:5 n-3 (DPA)	0.0	00	0	RP	4		0.000		
22:6 n-3 (DHA)			0	RP	4		0.004		
Fatty acids, total trans		78	0	RP	4		0.110		
Cholesterol			0	RP	4		69		
Phytosterols			0	RP	4		•		
Stigmasterol	3		0	RP	4		0 0		
Campesterol Beta-sitosterol	3		0	RP	4		0		
			_		_		·		
Amino Acids:		F0	0	D.D.	4		0.073		
Tryptophan			0 0	RP RP	4 4		0.073 0.224		
Threonine			0	RP RP	4		0.224		
Leucine			0	RP	4		0.318		
Lysine	•		0	RP	4		0.425		
Methionine			0	RP	4		0.141		
Cystine			0	RP	4		0.141		
Phenylalanine			0	RP	4		0.268		
Tyrosine			0	RP	4		0.255		
Valine			0	RP	4		0.367		

	Amount in 1	00 grams	of edi	Amount in edible portion of common					
Nutrients and Units	Mean Std. Erro		of Data Deriv	Source Confid Code Co	Confidence Code		easures of foo Measure 2		
Arginineg	0.156	0	RP	4		0.220			
Histidineg	0.091	0	RP	4		0.129			
Alanineg	0.156	0	RP	4		0.220			
Aspartic acidg	0.383	0	RP	4		0.540			
Glutamic acidg	0.878	0	RP	4		1.238			
Glycineg	0.085	0	RP	4		0.120			
Prolineg	0.393	0	RP	4		0.554			
Serine9	0.258	0	RP	4		0.364			
Hydroxyprolineg	0.000	0	RP	4		0.000			
Others:									
Alcohol, ethylg	0.0	0	RP	4		0.0			
Caffeinemg	0	0	RP	4		0			
Theobrominemg	0	0	RP	4		0			

Common Measures:

Measure 1 = 141g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
				Number		easures of fo				
						Source (Confidence			
Nutrients and	Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.4	5	0	RP	4		103.56		
Energy	kcal	122		0	NC	4		172		
Energy	kJ	512		0	NC	4		722		
Protein		3.99	9	0	RP	4		5.62		
Total lipid (fat)	g	4.00	0	0	RP	4		5.64		
Ash	g	0.9	7	0	RP	4		1.36		
Carbohydrate, by difference	g	17.60	0	0	RP	4		24.82		
Fiber, total dietary		0.0		0	RP	4		0.0		
Sugars, total		4.82	2	0	RP	4		6.79		
Sucrose		0.00	0	0	RP	4		0.00		
Glucose (dextrose)		0.00	0	0	RP	4		0.00		
Fructose (dextrose)		0.00		0	RP	4		0.00		
		4.6		0	RP	4		6.53		
Lactose		0.00		0	RP	4		0.00		
Maltose		0.00		0	RP	4		0.00		
Galactose Starch		0.00	O	Ū	K	-		0.00		
Starcii	9									
Minerals:										
Calcium, Ca	mg	139		0	RP	4		197		
Iron, Fe	_	0.34	4	0	RP	4		0.48		
Magnesium, Mg		16		0	RP	4		23		
Phosphorus, P		130		0	RP	4		183		
Potassium, K		207		0	RP	4		292		
Sodium, Na	mg	84		0	RP	4		118		
Zinc, Zn	mg	0.5	1	0	RP	4		0.72		
Copper, Cu	mg	0.0	30	0	RP	4		0.043		
Manganese, Mn	mg	0.00	07	0	RP	4		0.010		
Selenium, Se	µg	6.0		0	RP	4		8.5		
Vitamins:										
Vitamin C, total ascorbic acid	mα	0.1		0	RP	4		0.1		
Thiamin	-	0.00		0	RP	4		0.086		
Riboflavin	-	0.2		0	RP	4		0.310		
Niacin	• • • • • • • • • • • • • • • • • • • •	0.1		0	RP	4		0.186		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.69		0	RP	4		0.985		
Vitamin B-6	•	0.00		0	RP	4		0.090		
Folate, total		9	0-1	0	RP	4		12		
Folic acid		0		0	RP	4		0		
Folate, food		9		0	RP	4		12		
Folate, DFE		9		0	NC	4		12		
		11.8		0	RP	4		16.6		
Choline, total		0.6		0	RP	4		0.8		
Betaine		0.6		0	RP	4		0.8		
Vitamin B-12 added		0.5		0		4		0.73		
Vitamin B-12, added			U	0	RP	4				
Vitamin A, RAE		52		•	NC			73		
Retinol		52		0	RP	4		73		
Carotene, beta		6		0	RP	4		9		
Carotene, alpha		0		0	RP	4		0		
Cryptoxanthin, beta		0		0	RP	4		0		
Vitamin A, IU		182		0	NC	4		256		
Lycopene		0		0	RP	4		0		
Lutein + zeaxanthin		0	_	0	RP	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	RP	4		0.09		
Vitamin E, added		0.00		0	RP	4		0.00		
Tocopherol, beta		0.00		0	RP	4		0.00		
Tocopherol, gamma		0.00		0	RP	4		0.01		
Tocopherol, delta		0.00		0	RP	4		0.00		
Tocotrienol, alpha	mg	0.00	0	0	RP	4		0.00		
Tocotrienol, beta	ma	0.00	0	0	RP	4		0.00		

	Amount in	100 grams	of edi	Amount in edible portion of common				
		Number				<u>m</u>	easures of foo	<u>d</u>
					Confidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.00	0	RP	4		0.00		
Tocotrienol, deltamg	0.00	0	RP	4		0.00		
Vitamin D (D2 + D3)µg	1.2	0	AS	1		1.6		
Vitamin D2 (ergocalciferol)µg								
Vitamin D3 (cholecalciferol)µg	1.2	0	RP	4		1.6		
Vitamin D	47	0	RP	4		66		
Vitamin K (phylloquinone)µg	0.2 0.0	0	RP RP	4 4		0.3		
Dihydrophylloquinoneµg Menaquinone-4µg	0.9	0	RP	4		1.2		
Wenaquinone-4	0.5	ŭ	KI	-		1.2		
<u>Lipids:</u>								
Fatty acids, total saturated	2.032	0	RP	4		2.865		
4:0g 6:0g	0.070 0.070	0	RP RP	4 4		0.098 0.098		
8:0g	0.068	0	RP RP	4		0.098		
10:0g	0.000	0	RP	4		0.098		
12:0	0.072	0	RP	4		0.101		
13:0g	0.000	0	RP	4		0.000		
14:0g	0.280	0	RP	4		0.395		
15:0g	0.000	0	RP	4		0.000		
16:0g	0.987	0	RP	4		1.392		
17:0g	0.000	0	RP	4		0.000		
18:0g	0.415	0	RP	4		0.586		
20:0g	0.000	0	RP	4 4		0.000		
22:0g 24:0g	0.000 0.000	0	RP RP	4		0.000 0.000		
Fatty acids, total monounsaturatedg	1.127	0	RP	4		1.589		
14:1	0.000	0	RP	4		0.000		
15:1g								
16:1 undifferentiatedg	0.030	0	RP	4		0.043		
17:1	1.093	0	RP	4		1.541		
20:1g	0.003	0	RP RP	4		0.004		
22:1 undifferentiated	0.000	0	RP	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.312	0	RP	4		0.440		
18:2 undifferentiated	0.223	0	RP	4		0.315		
18:3 undifferentiatedg	0.071	0	RP	4		0.101		
18:4g 20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.014	0	RP	4		0.020		
20:5 n-3 (EPA)g	0.000	0	RP	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RP	4		0.000		
22:6 n-3 (DHA)	0.003	0	RP	4		0.004		
Fatty acids, total transg Cholesterolmg	51	0	RP	4		71		
Phytosterolsmg	31	Ū	KF	-		71		
Amino Acids:								
Tryptophang	0.082	0	RP	4		0.116		
Threonineg	0.192	0	RP	4		0.271		
Isoleucineg	0.207	0	RP	4		0.291		
Leucineg	0.337	0	RP	4		0.476		
Lysineg	0.214	0	RP	4		0.302		
Methionineg	0.091	0	RP	4		0.129		
Cystineg	0.036	0	RP	4		0.050		
Phenylalanineg	0.173	0	RP	4		0.244		
Tyrosineg	0.177 0.233	0	RP	4 4		0.249 0.329		
Valineg Arginineg	0.233	0	RP RP	4		0.329		
Histidineg	0.092	0	RP	4		0.130		
Alanineg	0.146	0	RP	4		0.206		
······································								

	Amount in	100 grams	Amount in edible portion of common					
		Number	measures of food					
Nutrients and Units	Mean Std. Err			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Aspartic acidg	0.321	0	RP	4		0.453		
Glutamic acidg	0.745	0	RP	4		1.051		
Glycineg	0.097	0	RP	4		0.136		
Prolineg	0.362	0	RP	4		0.511		
Serineg	0.171	0	RP	4		0.242		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	RP	4		0.0		
Caffeinemg	0	0	RP	4		0		
Theobrominemg	0	0	RP	4		0		

Common Measures:

Measure 1 = 141g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 100	0 grams	Amount in e	dible portion	of common			
				Num ber				'	easures of fo	
						C C-				
						Source Co	Code			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	7.8	0	1		4		6.63	1.64	
Energy	kcal	348		0	NC	4		296	73	
Energy	kJ	1456		0		4		1238	306	
Protein (N x 6.25)	g	0.0	0	1		4		0.00	0.00	
Total lipid (fat)	g	0.0	0	1		4		0.00	0.00	
Ash	g	0.6	1	0	BFAN	4		0.52	0.13	
Carbohydrate, by difference	g	91.6	0	0	NC	4		77.86	19.24	
Fiber, total dietary	g	0.0		0	LC	8		0.0	0.0	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca	•	24		1		4		20	5	
Iron, Fe		0.0	8	1		4		0.07	0.02	
Magnesium, Mg		0		1		4		0	0	
Phosphorus, P		1	_	1		4		1	0	
Potassium, K	-	153	8.6			1		130	32	
Sodium, Na	-	432	13.1			1		367	91	
Zinc, Zn		0.0		1		4		0.03	0.01	
Copper, Cu	-	0.0		1 1		4		0.013 0.006	0.003 0.001	
Manganese, Mn Selenium, Se		21.3	07	0	BFZN	4		18.1	4.5	
Vitamins:				-		_				
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	_	0.0	00	1		4		0.000	0.000	
Riboflavin		0.0		1		4		0.000	0.000	
Niacin	-	0.0		1		4		0.000	0.000	
Pantothenic acid	-	0.0	00	1		4		0.000	0.000	
Vitamin B-6		0.0	00	1		4		0.000	0.000	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1		4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.0	0	1		4		0.00	0.00	
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta										
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	Amount in edible portion of common								
			Number	measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg									
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg									
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg									
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.8 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	Amount in edible portion of common						
				<u>m</u>	easures of fo	od				
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	75.7	1	0	RP	4				
Energy	kcal	103		0	RP	4				
Energy		430		0	RP	4				
Protein		2.9	9	0	RP	4				
Total lipid (fat)		1.7	2	0	RP	4				
Ash	_	0.7	6	0	RP	4				
Carbohydrate, by difference	_	18.8	2	0	RP	4				
Fiber, total dietary		0.0		0	RP	4				
Sugars, total										
Starch										
Starcii	9									
Minerals:_										
Calcium, Ca	mg	113		0	RP	4				
Iron, Fe	mg	0.0	6	0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	86		0	RP	4				
Potassium, K	mg	163		0	RP	4				
Sodium, Na	mg	113		0	RP	4				
Zinc, Zn	mg	0.3	6	0	RP	4				
Copper, Cu	mg	0.0	10	0	RP	4				
Manganese, Mn	mg	0.0	03	0	RP	4				
Selenium, Se	µg	5.3		0	RP	4				
7*4 *										
/itamins:										
Vitamin C, total ascorbic acid		0.7		0	RP	4				
Thiamin		0.0		0	RP	4				
Riboflavin	_	0.1		0	RP	4				
Niacin	_	0.0		0	RP	4				
Pantothenic acid	_	0.2		0	RP	4				
Vitamin B-6	_	0.0	35	0	RP	4				
Folate, total	µg	4		0	RP	4				
Folic acid	µg	0		0	RP	4				
Folate, food	µg	4		0	RP	4				
Folate, DFE	µg	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.2	б	0	RP	4				
Vitamin A, RAE	µg	52		0	NC	4				
Retinol	µg	51		0	RP	4				
Carotene, beta	µg	11		0	0	4				
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	<u>I</u> U	180		0	0	4				
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.9		0	RP	4				
Vitamin D		36		0	RP	4				
Vitamin K (phylloquinone)										
Dihydrophylloquinone										

Amount in 100 grams of edible portion								Amount in edible portion of common			
				Number					easures of foo		
			!			Source	Confidence				
Nutrients and Units	Mean	Std	. Error	Points			Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated				0	RP	4					
4:0	_)56		0	RP	4					
6:0	-	33		0	RP	4					
8:0	-)19)43		0	RP RP	4					
10:0 12:0	•			0	RP RP	4					
13:0		740		U	RP	4					
14:0	-	.73		0	RP	4					
15:0											
16:0	-	153		0	RP	4					
17:0	g										
18:0	g 0.2	209		0	RP	4					
20:0	g										
22:0	-										
24:0	•										
Fatty acids, total monounsaturated	•	172		0	RP	4					
14:1	-										
15:1	•	39		0	RP	4					
16:1 undifferentiated	•	139		U	RP	4					
18:1 undifferentiated.	-	134		0	RP	4					
20:1	•	000		0	RP	4					
22:1 undifferentiated		000		0	RP	4					
24:1 c											
Fatty acids, total polyunsaturated		64		0	RP	4					
18:2 undifferentiated	g 0.0	39		0	RP	4					
18:3 undifferentiated	g 0.0	25		0	RP	4					
18:4	-	000		0	RP	4					
20:2 n-6 c,c	-										
20:3 undifferentiated	-			•							
20:4 undifferentiated	-	000		0 0	RP RP	4 4					
20:5 n-3 (EPA)		000		U	RP	4					
21:5 22:4											
22:5 n-3 (DPA)	-	000		0	RP	4					
22:6 n-3 (DHA)	•	000		0	RP	4					
Fatty acids, total trans											
Cholesterol	-			0	RP	4					
Phytosterols	mg										
Amino Acide											
Amino Acids: Tryptophan	α 0.0	142		0	RP	4					
Threonine	•	135		0	RP	4					
Isoleucine	_	180		0	RP	4					
Leucine	•	293		0	RP	4					
Lysine	•	237		0	RP	4					
Methionine	_	75		0	RP	4					
Cystine		28		0	RP	4					
Phenylalanine	g 0.:	L 4 5		0	RP	4					
Tyrosine	g 0.3	.45		0	RP	4					
Valine	g 0.2	200		0	RP	4					
Arginine	g 0.3	109		0	RP	4					
Histidine	g 0.0	81		0	RP	4					
Alanine	_	103		0	RP	4					
Aspartic acid	•	227		0	RP	4					
Glutamic acid	_	526		0	RP	4					
Glycine)63		0	RP	4					
Proline	_	290		0	RP	4					
Serine	_	.62		0	RP	4					
Hydroxyproline	У										
Others:											
Alcohol, ethyl	g 0.0)		0	RP	4					
Caffeine	-			0	RP	4					
Theobromine	mg 0			0	RP	4					

Flan, caramel custard, dry mix, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

Nutrients and Uni				Nium ban			m	easures of fo		
Nutrients and Uni				Number				<u></u>	easures or roo	<u>oa</u>
Nutrients and Uni				of Data	Deriv	Source	Confidence			
	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	74.6	3	0	RP	4				
Energy	kcal	113		0	RP	4				
Energy	kJ	475		0	RP	4				
Protein	g	2.9	5	0	RP	4				
Total lipid (fat)	g	3.0	0	0	RP	4				
Ash	g	0.7	4	0	RP	4				
Carbohydrate, by difference	g	18.6	8	0	RP	4				
Fiber, total dietary		0.0		0	RP	4				
Sugars, total										
Starch										
<u> Minerals:</u>										
Calcium, Ca	-	111		0	RP	4				
Iron, Fe	_	0.0	6	0	RP	4				
Magnesium, Mg		12		0	RP	4				
Phosphorus, P		84		0	RP	4				
Potassium, K	_	160		0	RP	4				
Sodium, Na	_	112	_	0	RP	4				
Zinc, Zn		0.3		0	RP	4				
Copper, Cu	-	0.0		0	RP	4				
Manganese, Mn		0.0		0	RP	4				
Selenium, Se	µg	5.2		0	RP	4				
itamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	-	0.0	31	0	RP	4				
Riboflavin		0.1	45	0	RP	4				
Niacin	-	0.0		0	RP	4				
Pantothenic acid	-	0.2		0	RP	4				
Vitamin B-6	_	0.0		0	RP	4				
Folate, total	-	4		0	RP	4				
Folic acid		0		0	RP	4				
Folate, food		4		0	RP	4				
Folate, DFE		4		0	NC	4				
Choline, total										
Betaine	-									
Vitamin B-12	-	0.2	6	0	RP	4				
Vitamin A. RAE		29		0	NC	4				
Retinol		28		0	0	4				
Carotene, beta		16		0	0	4				
Carotene, alpha				•	•	-				
Cryptoxanthin, beta										
Vitamin A, IU		113		0	RP	4				
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.9		0	RP	4				
Vitamin D		36		0	RP	4				
Vitamin K (phylloquinone)				•		-				
Dihydrophylloquinone										
Menaquinone-4										

	Δ	mount in 10			ole porti	<u>on</u>		dible portion o	
			Number of Data		Source	Confidence	ine	asures or root	<u>u</u>
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	1.	800	0	RP	4				
4:0		097	0	RP	4				
6:0		.057	0	RP	4				
8:0		.033	0	RP	4				
10:0		.075 .084	0	RP RP	4 4				
13:0	,	.004	v	KI	-				
14:0	=	301	0	RP	4				
15:0									
16:0	,	788	0	RP	4				
17:0		363	0	RP	4				
20:0		. 303	U	RP	4				
22:0									
24:0									
Fatty acids, total monounsaturated		821	0	RP	4				
14:1	=								
15:1		.067	0	RP	4				
17:1	=		·		-				
18:1 undifferentiated		753	0	RP	4				
20:1	=	000	0	RP	4				
22:1 undifferentiated		.000	0	RP	4				
24:1 c		111	0	RP	4				
Fatty acids, total polyunsaturated		.067	0	RP	4				
18:3 undifferentiated		044	0	RP	4				
18:4	=	000	0	RP	4				
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	,	.000	0	RP RP	4 4				
20:5 n-3 (EPA)	=	.000	U	RP	4				
22:4									
22:5 n-3 (DPA)	0.	.000	0	RP	4				
22:6 n-3 (DHA)		.000	0	RP	4				
Fatty acids, total trans			•						
Cholesterolr Phytosterolsr	-		0	RP RP	4 4				
•	iig 0		U	KF	-				
Amino Acids:									
Tryptophan	,	041	0	RP	4				
Threonine		.134 .178	0	RP RP	4 4				
Leucine		289	0	RP	4				
Lysine		234	0	RP	4				
Methionine		074	0	RP	4				
Cystine	,	027	0	RP	4				
Phenylalanine		143	0	RP	4				
Tyrosine	,	.143 .197	0	RP RP	4 4				
Arginine		107	0	RP	4				
Histidine		080	0	RP	4				
Alanine		101	0	RP	4				
Aspartic acid	•	224	0	RP	4				
Glutamic acid		618	0	RP	4				
Glycine		.063 .286	0	RP RP	4 4				
Proline		161	0	RP	4				
Hydroxyproline			-	-					
Others:									
Alcohol, ethyl	o .	. 0	0	RP	4				
Caffeine	•		0	RP	4				
Theobrominer			0	RP	4				

Flan, caramel custard, dry mix, prepared with whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>An</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Number						
						Source C	Confidence			
	•.		0.1.5							
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1		Measure 3
Proximates:										
Water	g	0.6	0	1		1		2.33		
Energy	kcal	389		0		4		1509		
Energy		1628		0		4		6315		
Protein (N x 5.6)		1.3	0	1		1		5.04		
Total lipid (fat)		5.2	0	1		1		20.18		
Ash	g	0.6	0	1		1		2.33		
Carbohydrate, by difference	-	92.0	0	0	NC	4		356.96		
Fiber, total dietary		2.4		0	FLM	4		9.3		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	11		1		4		43		
Iron, Fe	_	1.1	9	1		1		4.62		
Magnesium, Mg	mg	38		1		4		147		
Phosphorus, P		62		1		4		241		
Potassium, K	mg	180		1		1		698		
Sodium, Na	mg	76		1		1		295		
Zinc, Zn	mg	0.8	1	1		4		3.14		
Copper, Cu	mg	0.2	94	1		4		1.141		
Manganese, Mn	_	0.3		1		4		1.292		
Selenium, Se	µg	1.6		0	FLM	4		6.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.0	06	1		4		0.023		
Riboflavin	mg	0.0	29	1		4		0.113		
Niacin	mg	0.1	42	1		4		0.551		
Pantothenic acid	mg	0.0	29	1		4		0.113		
Vitamin B-6	mg	0.0	80	1		4		0.310		
Folate, total	µg	3		1		4		12		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	3		1		4		12		
Folate, DFE	µg	3		0	NC	4		12		
Choline, total	_									
Betaine	_		_							
Vitamin B-12		0.0		1	_	4		0.00		
Vitamin B-12, added		0.0	U	0	Z	7		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		U		U	Z	7		U		
Carotene, beta										
Cryptox anthin beta										
Cryptoxanthin, beta Vitamin A, IU		0		1		1		0		
Lycopene		Ü		-		-		J		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

	Amount in	100 grams of e	Amount in edible portion of common				
		Number			<u>m</u>	easures of fo	<u>od</u>
		of Data Der	iv Source	Confidence			
Nutrients and Units	Mean Std. Er	ror Points Co	de Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>							
Fatty acids, total saturatedg							
Fatty acids, total monounsaturatedg							
Fatty acids, total polyunsaturatedg							
Fatty acids, total transg							
Cholesterolmg	0	1	4		0		
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.020	0	1		0.078		
Threonineg	0.053	0	1		0.206		
Isoleucineg	0.052	0	1		0.202		
Leucineg	0.082	0	1		0.318		
Lysineg	0.067	0	1		0.260		
Methionine9	0.014	0	1		0.054		
Cystineg	0.016	0	1		0.062		
Phenylalanineg	0.064	0	1		0.248		
Tyrosineg	0.050	0	1		0.194		
Valineg	0.080	0	1		0.310		
Arginineg	0.076	0	1		0.295		
Histidineg	0.023	0	1		0.089		
Alanineg	0.062	0	1		0.241		
Aspartic acidg	0.133	0	1		0.516		
Glutamic acidg	0.202	0	1		0.784		
Glycineg	0.060	0	1		0.233		
Proline	0.058	0	1		0.225		
Serineg	0.058	0	1		0.225		
Hydroxyprolineg							
Others:							
Alcohol, ethylg							
Caffeinemg	6	0 F	LM 4		23		
Theobrominemg	188	-	LM 4		729		

Common Measures:

Measure 1 = 388g: 1 package

Calories Factors: Protein 1.8 Fat 8.8 Carbohydrate 3.7

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in e	dible portion	of common	
				Num ber				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	13.3	3	0	RPI	6		4.40			
Energy		408	.5	0	NC	4		135			
Energy		1708		0	NC	4		564			
Protein		1.1	1	0	RPI	6		0.36			
Total lipid (fat)	-	13.0		0	RPI	6		4.31			
Ash	_	0.7		0	RPI	6		0.24			
Carbohydrate, by difference		71.8		0	NC	4		23.69			
Fiber, total dietary		1.9		0	RPI	6		0.6			
Sugars, total		0.0		0	RPI	6		0.00			
Starch		• • • • • • • • • • • • • • • • • • • •	_	•		•					
	9										
Minerals:											
Calcium, Ca	_	12	_	0	RPI	6		4			
Iron, Fe		0.9	3	0	RPA	1		0.31			
Magnesium, Mg		30		0	RPI	6		10			
Phosphorus, P		51		0	RPI	6 1		17 47			
Potassium, K		143 124		0	RPA RPA	1		47 41			
Sodium, NaZinc, Zn	_	0.6	4	0	RPI	6		0.21			
Copper, Cu		0.0		0	RPI	6		0.21			
Manganese, Mn		0.2		0	RPI	6		0.085			
Selenium, Se		1.4		0	RPI	6		0.4			
,											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0	RPI	6		0.0			
Thiamin	_	0.0		0	RPI	6		0.002			
Riboflavin	_	0.0		0	RPI	6		0.009			
Niacin	_	0.1		0	RPI	6 6		0.038			
Pantothenic acid	_	0.0		0	RPI RPI	6		0.011 0.021			
Vitamin B-6 Folate, total	_	3	03	0	RPI	6		1			
Folic acid		0		0	RPI	6		0			
Folate, food		3		0	RPI	6		1			
Folate, DFE		3		0	NC	4		1			
Choline, total		2.1		0	RPI	6		0.7			
Betaine	_	0.0		0	RPA	1		0.0			
Vitamin B-12	_	0.0		0	RPI	6		0.01			
Vitamin B-12, added		0.0	0	0	RPI	6		0.00			
Vitamin A, RAE		76		0	NC	4		25			
Retinol		75		0	RPI	6		25			
Carotene, beta		18		0	RPI	6		6			
Carotene, alpha	µg	0		0	RPI	6		0			
Cryptoxanthin, beta	µg	0		0	RPI	6		0			
Vitamin A, IU	IU	278		0	NC	4		92			
Lycopene	µg	0		0	RPI	6		0			
Lutein + zeaxanthin	µg	0		0	RPI	6		0			
Vitamin E (alpha-tocopherol)	g	0.2		0	RPI	6		0.09			
Vitamin E, added		0.0		0	RPI	6		0.00			
Tocopherol, beta	_	0.0		0	RPA	1		0.00			
Tocopherol, gamma		0.0		0	RPA	1		0.00			
Tocopherol, delta		0.0		0	RPA	1		0.00			
Tocotrienol, alpha		0.0		0	RPA	1		0.00			
Tocotrienol, beta		0.0		0	RPA	1		0.00			
Tocotrienol, gamma		0.0		0	RPA	1		0.00			
Tocotrienol, delta		0.0		0	RPA	1		0.00			
Vitamin D (D2 + D3)		0.2		0	AS	1		0.1			
Vitamin D2 (ergocalciferol)				^	DDT	-		A 1			
Vitamin D3 (cholecalciferol)		0.2 7		0	RPI RPI	6 6		0.1 2			
Vitamin D Vitamin K (phylloquinone)		0.8		0	RPI	6		0.3			

	<u>A</u>	mount in 1	00 grams		ole porti	on_		dible portion o	
Nutrients and Units	Mean	Std. Erro		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone									
•	#9								
Lipids: Fatty acids, total saturated	n 8.	369	0	RPI	6		2.762		
4:0	•	526	0	RPI	6		0.173		
6:0	=	327	0	RPI	6		0.108		
8:0	-	194	0	RPI	6		0.064		
10:0	•	412	0	RPI	6		0.136		
12:0 13:0	•	421	0	RPI	6		0.139		
14:0	=	212	0	RPI	6		0.400		
15:0	=								
16:0	•	535	0	RPI	6		1.167		
17:0	•	091	0	RPA	1		0.030		
18:0 20:0	•	629 022	0	RPI RPA	6 1		0.538 0.007		
22:0	-	022	U	RFA	-		0.007		
24:0	g								
Fatty acids, total monounsaturated		425	0	RPI	6		1.130		
14:1	•								
15:1	-	156	0	RPI	6		0.052		
17:1	=	130	·		Ü		0.032		
18:1 undifferentiated	_	252	0	RPI	6		1.073		
20:1	=	016	0	RPI	6		0.005		
22:1 undifferentiated		000	0	RPI	6		0.000		
24:1 cFatty acids, total polyunsaturated		496	0	RPI	6		0.164		
18:2 undifferentiated		445	0	RPI	6		0.147		
18:3 undifferentiated		051	0	RPI	6		0.017		
18:4	g 0.	000	0	RPI	6		0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated	•	000	0	RPI	6		0.000		
20:5 n-3 (EPA)	•	000	0	RPI	6		0.000		
21:5	=								
22:4	•								
22:5 n-3 (DPA)		000	0	RPI	6		0.000		
22:6 n-3 (DHA) Fatty acids, total trans		000 534	0	RPI RPI	6 6		0.000 0.176		
Fatty acids, total trans-monoenoic	=	JJ1	v	KI I	Ū		0.170		
Fatty acids, total trans-polyenoic									
Cholesterol			0	RPI	6		8		
Phytosterols			0	RPA	1		0		
Stigmasterol	. 3		0	RPA	1		0		
Beta-sitosterol			0	RPA	1		0		
Amino Acids:									
Tryptophan	a 0.	017	0	RPA	1		0.006		
Threonine	•	045	0	RPA	1		0.015		
Isoleucine	g 0.	046	0	RPA	1		0.015		
Leucine		073	0	RPA	1		0.024		
Lysine	•	060 013	0	RPA	1 1		0.020		
Methionine Cystine	•	013 013	0	RPA RPA	1		0.004 0.004		
Phenylalanine	•	054	0	RPA	1		0.018		
Tyrosine	•	043	0	RPA	1		0.014		
Valine	•	069	0	RPA	1		0.023		
Arginine	•	063	0	RPA	1		0.021		
HistidineAlanine	•	020 051	0	RPA RPA	1 1		0.007 0.017		
Aspartic acid	•	111	0	RPA	1		0.036		
Glutamic acid		177	0	RPA	1		0.058		

	Amount in 1	_	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
	0.049	0	DD3	1		0.016		
Glycineg Prolineg	0.049	0	RPA RPA	1		0.018		
Serine	0.050	0	RPA	1		0.017		
Others:								
Alcohol, ethylg	0.0	0	RPI	6		0.0		
Caffeinemg	5	0	RPI	6		2		
Theobrominemg	146	0	RPI	6		48		

Common Measures:

Measure 1 = 33g: 2 tablespoon

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19372 Frostings, chocolate, creamy, dry mix, prepared with margarine

Refuse:0%

Lipids:

		<u>An</u>	nount in 10	u gram s	ot edi	ble porti	<u>on</u>	Amount in edible portion of common			
				Num ber				<u>m</u>	easures of fo	od	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	edible portion neasures of fo Measure 2	Measure 3	
Proximates:											
Water	g	14.0	7	0	RP	4		4.64			
Energy	kcal	404		0	RP	4		133			
Energy	kJ	1692		0	RP	4		558			
Protein	g	1.1	.0	0	RP	4		0.36			
Total lipid (fat)	g	12.8	37	0	RP	4		4.25			
Ash	g	0.6	59	0	RP	4		0.23			
Carbohydrate, by difference	g	71.0	2	0	RP	4		23.44			
Fiber, total dietary	g	1.9)	0	RP	4		0.6			
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	mq	12		0	RP	4		4			
Iron, Fe	-	0.9	13	0	RP	4		0.31			
Magnesium, Mg	-	30		0	RP	4		10			
Phosphorus, P		50		0	RP	4		17			
Potassium, K		143		0	RP	4		47			
Sodium, Na	•	163		0	RP	4		54			
Zinc. Zn	-	0.6	3	0	RP	4		0.21			
Copper, Cu		0.2	27	0	RP	4		0.075			
Manganese, Mn											
Selenium, Se		1.2	?	0	RP	4		0.4			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0)	0	RP	4		0.0			
Thiamin	mg	0.0	06	0	RP	4		0.002			
Riboflavin	mg	0.0	26	0	RP	4		0.009			
Niacin	mg	0.1	.12	0	RP	4		0.037			
Pantothenic acid	mg	0.0	32	0	RP	4		0.010			
Vitamin B-6	mg	0.0	63	0	RP	4		0.021			
Folate, total	µg	2		0	RP	4		1			
Folic acid	µg	0		0	RP	4		0			
Folate, food	µg	2		0	RP	4		1			
Folate, DFE	µg	2		0	NC	4		1			
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.0	1	0	RP	4		0.00			
Vitamin A, RAE	µg	80		0	NC	4		27			
Retinol		73		0	RP	4		24			
Carotene, beta	µg	91		0	0	4		30			
Carotene, alpha											
Cryptoxanthin, beta	µg										
Vitamin A, IU	JU	393		0	RP	4		130			
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	µg										

	<u>Ar</u>	nount	in 100	grams	of edil	ble porti	<u>ion</u>	Amount in e	dible portion o	of common
				Number					easures of foo	
						Source	Confidence			
Nutrients and Units	Mean	644		Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Wean	Stu.	<u> </u>	1 011113	Oouc	Jouc	Oode	weasure i	Measure 2	weasure 3
Fatty acids, total saturated				0	RP RP	4 4		0.574		
4:0				0	RP RP	4		0.000		
6:0 8:0	-			0	RP	4		0.000		
10:0				0	RP	4		0.000		
12:0	•			0	RP	4		0.000		
13:0		, , ,		ŭ		-		0.000		
14:0		22		0	RP	4		0.007		
15:0										
16:0	-	68		0	RP	4		0.353		
17:0	g									
18:0	g 0.0	550		0	RP	4		0.214		
20:0	g									
22:0	g									
24:0	•									
Fatty acids, total monounsaturated	•	943		0	RP	4		1.301		
14:1	-									
15:1	•			_						
16:1 undifferentiated	-	000		0	RP	4		0.000		
17:1		.42		•						
18:1 undifferentiated				0	RP RP	4 4		1.301		
20:1				0	RP RP	4		0.000		
22:1 undifferentiated		000		U	RP	4		0.000		
24:1 cFatty acids, total polyunsaturated		797		0	RP	4		0.923		
18:2 undifferentiated				0	RP	4		0.883		
18:3 undifferentiated	-			0	RP	4		0.040		
18:4	-			0	RP	4		0.000		
20:2 n-6 c,c	-	, , ,		ŭ	112	-		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	000		0	RP	4		0.000		
20:5 n-3 (EPA)	-	000		0	RP	4		0.000		
21:5										
22:4										
22:5 n-3 (DPA)	g 0.0	000		0	RP	4		0.000		
22:6 n-3 (DHA)	g 0.0	000		0	RP	4		0.000		
Fatty acids, total trans	g									
Cholesterol	-			0	RP	4		0		
Phytosterols	mg 29			0	RP	4		10		
Amino Acids:										
Tryptophan	g 0.0	17		0	RP	4		0.006		
Threonine				0	RP	4		0.015		
Isoleucine		146		0	RP	4		0.015		
Leucine		72		0	RP	4		0.024		
Lysine		59		0	RP	4		0.020		
Methionine	g 0.0	13		0	RP	4		0.004		
Cystine	g 0.0	13		0	RP	4		0.004		
Phenylalanine	g 0.0	54		0	RP	4		0.018		
Tyrosine	g 0.0	143		0	RP	4		0.014		
Valine	g 0.0	068		0	RP	4		0.022		
Arginine				0	RP	4		0.020		
Histidine	•			0	RP	4		0.007		
Alanine	=			0	RP	4		0.017		
Aspartic acid				0	RP	4		0.036		
Glutamic acid				0	RP	4		0.058		
Glycine				0	RP	4		0.016		
Proline	=			0	RP	4		0.018		
Serine		150		0	RP	4		0.016		
Hydroxyproline	y									
Others:										
Alcohol, ethyl	g 0.0)		0	RP	4		0.0		
Caffeine	mg 5			0	RP	4		2		
Theobromine	mg 145			0	RP	4		48		

Frostings, chocolate, creamy, dry mix, prepared with margarine

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 2 tablespoon

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		Amou	nt in 100 gr	ams	of edil	ole portio	<u>on</u>	Amount in e	dible portion	of common
			Nur	nber					easures of fo	
						Source (Confidence			
Nutrients and Unit	te.	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure
Nutrients and Oni	15	Weari Sit	J. E 101 1 4		oouc	Oouc		weasure i	wedsure 2	Wieasure
Proximates:										
Water	g	17.00	0.689	13		1		6.97		
Energy	kcal	397		0		4		163		
Energy	kJ	1661		0		4		681		
Protein (N x 5.6)	g	1.10	0.047	13		1		0.45		
Total lipid (fat)	g	17.60	0.432	12		1		7.22		
Ash	g	1.00	0.101	9		1		0.41		
Carbohydrate, by difference	g	63.20		0		4		25.91		
Fiber, total dietary	g	0.9		0	FLC	4		0.4		
Sugars, total	g	57.70		1	A	1		23.66		
Starch										
Minerals:_										
Calcium, Ca		8	0.511	7		1		3		
Iron, Fe		1.42	0.079	7		1		0.58		
Magnesium, Mg	-	21	1.743	6		1		9		
Phosphorus, P		79	10	1		1		32		
Potassium, K	-	196	18.573			1 1		80 75		
Sodium, Na		183	19.804	15 4		1				
Zinc, Zn	-	0.29 0.200	0.054 0.045	4		1		0.12 0.082		
Copper, Cu		0.240	0.045	1		1		0.082		
Manganese, Mn		0.240		0	FLC	4		0.038		
Selemum, Se	pg	0.0		Ü	FIIC	-		0.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	-	0.013	0.001	7		1		0.005		
Riboflavin	mg	0.017	0.003	7		1		0.007		
Niacin	-	0.119	0.005	7		1		0.049		
Pantothenic acid	-	0.028	0.010	5		1		0.011		
Vitamin B-6	-	0.005		1		1		0.002		
Folate, total		1		0	FLC	4		0		
Folic acid		0		0	FLC	4		0		
Folate, food		1		0	FLC	4		0		
Folate, DFE		1		0	NC	4		0		
Choline, total	-	6.9		0	AS	1		2.8		
Betaine				_						
Vitamin B-12		0.00		1	_	4		0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		0 0		0	AS Z	1 7		0 0		
Retinol		0		0		7		0		
Carotene, beta		0		0	z z	7		0		
Carotene, alpha		0		0	Z	7		0		
Cryptoxanthin, beta		1		0	FLC	4		0		
Vitamin A, IU		0		0	Z	7		0		
Lycopene		0		0	Z	7		0		
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		1.56	0.035	3	A	1		0.64		
		0.00	0.033	0	Z	7		0.00		
Vitamin E, added Tocopherol, beta		0.06	0.063	3	A.	1		0.00		
Tocopherol, gamma		7.26	0.673	3	A	1		2.98		
Tocopherol, delta		1.80	0.673	3	A	1		0.74		
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00		
Tocotrienol, aipna		0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)		0.0	0.000	0	FLC	4		0.00		
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)		0.0		J	FIC	-1		0.0		
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)										
Vitamin D		0		0	FLC	4		0		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Measure 3 Mean Measure 1 Dihydrophylloquinone......µg Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 5.526 0 FLC 2.266 4 4:0.....g 0.000 0 FLC 4 0.000 6:0.....g 0.000 0 FLC 0.000 4 0.000 0 FLC 0.000 8:0.....g 10:0.....g 0.000 0 FLC 4 0.000 0.000 0 FLC 0.000 12:0.....g 4 13:0.....g 14:0.....g 0.103 0 FLC 4 0.042 15:0.....g 2.410 0.000 3 1 0.988 3.060 0.000 3 1 1.255 18:0.....g 20:0......g 22:0.....g 24:0.....g 9.020 0 1 3.698 Fatty acids, total monounsaturated..........g 14:1.....g 16:1 undifferentiated......g 0.000 0 FLC 4 0.000 17:1.....g 9.020 0.000 3 18:1 undifferentiated......g 1 3.698 20:1.....g 0.000 FLC 0.000 0.000 0.000 0 FLC 4 24:1 c.....g 2.226 0 O 4 0.913 Fatty acids, total polyunsaturated......g 18:2 undifferentiated.....g 2.130 0.000 3 1 0.873 0.039 0.096 FLC 4 18:3 undifferentiated..........g 0 0.000 0 4 0.000 18:4.....g FLC 20:2 n-6 c.c....g 20:3 undifferentiated......g 20:4 undifferentiated.....g 0.000 0 FLC 4 0.000 20:5 n-3 (EPA)......g 0.000 0 FLC 4 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0.000 0 FLC 4 0.000 FLC 22:6 n-3 (DHA)......g 0 4 0.000 Cholesterol....mg 0 1 1 0 34 FLC 14 Phytosterols.....mg 0 4 Amino Acids: Tryptophan.....g 0.016 0 1 0.007 Threonine.....g 0.043 0 1 0.018 0.042 0 1 0.017 Leucine. 9 0.066 0 1 0.027 0.022 Lysine.....g 0.054 0 0 Methionine.....g 0.011 1 0.005 0 Cystine 0 0.013 1 0.005 0 1 Phenylalanine.....g 0.052 0.021 0.041 0 1 0.017 0.065 0 Valine.....g 1 0.027 0 1 0.025 Arginine......g 0.061 Histidine.....g 0.019 0 1 0.008 0.050 0 1 0.021 0 1 Aspartic acid......g 0.108 0.044 0 1 Glutamic acid.....g 0.163 0.067 Glycine.....g 0.048 0 1 0.020 0.047 0.019 0 1 Proline.....g 0 1 Serine.....g 0.047 0.019 Hydroxyproline.....g

Frostings, chocolate, creamy, ready-to-eat

	<u>Am</u>	ount in 10	0 gram s	Amount in edible portion of common						
			Num ber				measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Others:										
Alcohol, ethyl	0.0		0		7		0.0			
Caffeinemg	2		0	FLC	4		1			
Theobrominemg	79		0	FLC	4		32			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 2 tbsp creamy

Calories Factors: Protein 1.8 Fat 8.8 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

		Amou	nt in 100 g	rams	ot edil	ole portion	<u>1</u>	Amount in e	dible portion	of common
			Nur	mbei	r			m	easures of fo	od_
						Source C	onfidence			
Nutrients and Un	ite	Mean Sto	d.Error Po			Code	Code	Measure 1	Measure 2	Measure
Nati lents and on		Mean on	и. <u>Бтог</u>					incasare i	Wedsure 2	Wedsure
Proximates:										
Water	g	21.00	0.064	9		1		7.98	7.35	97.02
Energy		433		0	NC	4		164	151	2000
Energy	kJ	1811		0	NC	4		688	634	8366
Protein (N x 6.25)	g	1.50	0.066	9		1		0.57	0.53	6.93
Total lipid (fat)	g	24.00	0.063	9		1		9.12	8.40	110.88
Ash	g	0.80	0.008	9		1		0.30	0.28	3.70
Carbohydrate, by difference	g	52.70		0	NC	4		20.03	18.45	243.47
Fiber, total dietary	g	2.5		0	FLA	4		0.9	0.9	11.5
Sugars, total	g	40.00		0	LC	8		15.20	14.00	184.80
Starch	g									
Minerals:										
Calcium. Ca	ma	13	0.958	9		1		5	5	60
Iron. Fe		0.54	0.035			1		0.21	0.19	2.49
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	19	0.787			1		7	7	88
Phosphorus, P		63		1		1		24	22	291
Potassium, K		186	2.451	9		1		71	65	859
Sodium, Na	mg	160		0	LC	8		61	56	739
Zinc, Zn	mg	0.41	0.014	8		1		0.16	0.14	1.89
Copper, Cu	mg	0.125	0.007	8		1		0.048	0.044	0.57
Manganese, Mn	mg	0.673		0	FLA	4		0.256	0.236	3.10
Selenium, Se	µg	2.5		0	FLA	4		0.9	0.9	11.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLA	4		0.1	0.1	1.0
Thiamin	-	0.035	0.001	9		1		0.013	0.012	0.16
Riboflavin	-	0.019	0.004	9		1		0.007	0.007	0.08
Niacin	-	0.212	0.031	9		1		0.081	0.074	0.97
Pantothenic acid	mg	0.155		0	FLA	4		0.059	0.054	0.71
Vitamin B-6	mg	0.047		0	FLA	4		0.018	0.016	0.21
Folate, total	µg	2		0	FLA	4		1	1	11
Folic acid	µg	0		0	FLA	4		0	0	0
Folate, food	µg	2		0	FLA	4		1	1	11
Folate, DFE	µg	2		0	NC	4		1	1	11
Choline, total	mg	7.2		0	FLA	4		2.7	2.5	33.3
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	1
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	2		0	FLA	4		1	1	10
Carotene, alpha		0		0	FLA	4		0	0	0
Cryptoxanthin, beta		1		0	FLA	4		0	0	3
Vitamin A, IU		4		0	NC	4		2	1	19
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin		1		0	FLA	4		0	0	6
Vitamin E (alpha-tocopherol)		1.09		0	FLA	4		0.42	0.38	5.06
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		^ ^		^						
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0	0.0	0.0
Vitamin D		0		0	FLA	4		0	0	0
Vitamin K (phylloquinone) Dihydrophylloquinone		3.9		0	FLA	4		1.5	1.4	17.8
	110									

	<u>Am ount</u>	in 100 grams	of edi	ble portion		Amount in edible portion of common		
		Number			<u>m</u>	easures of foo	<u>od</u>	
		of Data	Deriv	Source Confiden	ce			
Nutrients and Units	Mean Std.	Error Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>								
Fatty acids, total saturated	8.631	0	FLA	4	3.280	3.021	39.876	
4:0g	0.000	0	FLA	4	0.000	0.000	0.000	
6:0g	0.034	0	FLA	4	0.013	0.012	0.157	
8:0g	0.417	0	FLA	4	0.159	0.146	1.928	
10:0g	0.332	0	FLA	4	0.126	0.116	1.533	
12:0g	2.644	0	FLA	4	1.005	0.925	12.213	
13:0g	0.000	0	FLA	4	0.000	0.000	0.000	
14:0g	1.056	0	FLA	4	0.401	0.369	4.876	
15:0g	0.004	0	FLA	4	0.002	0.001	0.019	
16:0g	2.183	0	FLA	4	0.830	0.764	10.087	
17:0g	0.014	0	FLA	4	0.005	0.005	0.063	
18:0g	1.863	0	FLA	4	0.708	0.652	8.606	
20:0g	0.045	0	FLA	4	0.017	0.016	0.209	
22:0g	0.040	0	FLA	4	0.015	0.014	0.185	
24:0g	0.000	0	FLA	4	0.000	0.000	0.000	
Fatty acids, total monounsaturatedg	10.786	0	FLA	4	4.099	3.775	49.833	
14:1g	0.000	0	FLA	4	0.000	0.000	0.000	
15:1g								
16:1 undifferentiatedg	0.011	0	FLA	4	0.004	0.004	0.051	
17:1g								
18:1 undifferentiatedg	10.752	0	FLA	4	4.086	3.763	49.675	
20:1g	0.023	0	FLA	4	0.009	0.008	0.107	
22:1 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000	
24:1 cg	0.000	0	FLA	4	0.000	0.000	0.000	
Fatty acids, total polyunsaturatedg	3.264	0	FLA	4	1.240	1.142	15.081	
18:2 undifferentiatedg	3.075	0	FLA	4	1.169	1.076	14.207	
18:3 undifferentiatedg	0.135	0	FLA	4	0.051	0.047	0.622	
18:4g	0.000	0	FLA	4	0.000	0.000	0.000	
20:2 n-6 c,cg	0.000	0	FLA	4	0.000	0.000	0.000	
20:3 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000	
20:4 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	FLA	4	0.000	0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4	0.000	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLA	4	0.000	0.000	0.000	
Fatty acids, total transg	3.748	0	FLA	4	1.424	1.312	17.317	
Cholesterolmg	0	0	FLA	4	0	0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4	0.0	0.0	0.0	
Caffeinemg	0	0	FLA	4	0	0	0	
Theobrominemg	0	0	FLA	4	0	0	0	

Common Measures:

Measure 1 = 38g: .083 package

Measure 2 = 35g: 2 tbsp

Measure 3 = 462g: 1 package (16 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

Lipids:

		<u>Am</u>	ount in 100			ble portion		Amount in edible portion of common measures of food			
				umbe					easures of 100	<u>Ju</u>	
						Source Co	onfidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	15.10	0.00	00 3		1		4.98	3.62		
Energy	kcal	415		0	NC	4		137	100		
Energy	kJ	1737		0	NC	4		573	417		
Protein (N x 5.8)		0.10	0.00	00 3		1		0.03	0.02		
Total lipid (fat)	g	17.30		2		1		5.71	4.15		
Ash	g	0.23		0	T	4		0.08	0.06		
Carbohydrate, by difference	g	67.32		0	NC	4		22.22	16.16		
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0		
Sugars, total	g	63.54	2.62	21 3	LC	8		20.97	15.25		
Starch											
Minerals:											
Calcium, Ca	-	3		2		1		1	1		
Iron, Fe	-	0.16		2		1		0.05	0.04		
Magnesium, Mg		2		1		1		1	0		
Phosphorus, P	mg	3		1		1		1	1		
Potassium, K	-	35		2		1		12	8		
Sodium, Na	-	191	3.15		LC	8		63	46		
Zinc, Zn		0.02		0	FLC	4		0.01	0.01		
Copper, Cu		0.02		1		1		0.007	0.005		
Manganese, Mn Selenium, Se		0.01 0.5	.3	0	FLC FLC	4 4		0.004 0.2	0.003 0.1		
,		0.15		·		-		***	***		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0	•	0	FLC	4		0.0	0.0		
Thiamin	-	0.00		1		1		0.000	0.000		
Riboflavin	-	0.00		2		1 1		0.002	0.001		
Niacin		0.01		0	TT 0	4		0.004	0.003		
Pantothenic acid	-	0.00		1	FLC	1		0.001	0.001 0.000		
Vitamin B-6 Folate, total	-	0.00	U	1		1		0.000	0.000		
Folic acid		0		0	FLC	4		0	0		
Folate, food		0		0	FLC	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total		· ·		·	110	-		· ·	v		
Betaine											
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		0	0.00	00 3	LC	8		0	0		
Lycopene											
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)	1. 7										
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone Menaquinone-4											

	An	ount in 10	0 grams	of edil	ble portio	<u>on</u>	Amount in e	dible portion o	f common
			Number					easures of foo	
					Source (Confidence			_
N utrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 4. 5	45	0	FLC	4		1.500	1.091	
4:0		00	0	FLC	4		0.000	0.000	
6:0	•		0	FLC	4		0.000	0.000	
8:0 10:0	•		0	FLC FLC	4 4		0.000	0.000	
12:0	•		0	FLC	4		0.000 0.000	0.000 0.000	
13:0	=		·	120	-		0.000	0.000	
14:0	=	75	0	FLC	4		0.025	0.018	
15:0	-								
16:0	=	36	0	FLC	4		1.167	0.849	
17:0 18:0	=	2.4	0	FLC	4		0.308	0.224	
20:0	•	31	U	FLC	-		0.300	0.224	
22:0	•								
24:0	•								
Fatty acids, total monounsaturated		55	0	FLC	4		1.239	0.901	
14:1									
15:1		26	0	FLC	4		0.009	0.006	
17:1			·	120	-		0.005	0.000	
18:1 undifferentiated		29	0	FLC	4		1.230	0.895	
20:1	g 0.0	00	0	FLC	4		0.000	0.000	
22:1 undifferentiated	=	00	0	FLC	4		0.000	0.000	
24:1 c	-	- 2	•	a					
Fatty acids, total polyunsaturated			0	FLC FLC	4 4		2.030 1.911	1.477 1.390	
18:3 undifferentiated	-		0	FLC	4		0.119	0.087	
18:4	•		0	FLC	4		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated	=		0	FLC FLC	4 4		0.000	0.000	
20:5 n-3 (EPA)	=	00	U	FLC	4		0.000	0.000	
22:4	=								
22:5 n-3 (DPA)	-	00	0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)		00	0	FLC	4		0.000	0.000	
Fatty acids, total trans			_		_		_	_	
CholesterolPhytosterols	_		1		1		0	0	
·	mg								
Amino Acids:									
Tryptophan			0	FLC	4		0.000	0.000	
Threonine			0	FLC FLC	4 4		0.000 0.000	0.000 0.000	
Leucine	9		0	FLC	4		0.000	0.000	
Lysine	•		0	FLC	4		0.000	0.000	
Methionine		00	0	FLC	4		0.000	0.000	
Cystine			0	FLC	4		0.000	0.000	
Phenylalanine			0	FLC	4		0.000	0.000	
TyrosineValine			0	FLC FLC	4 4		0.000 0.000	0.000 0.000	
Arginine	•		0	FLC	4		0.000	0.000	
Histidine	•		0	FLC	4		0.000	0.000	
Alanine	g 0.0	00	0	FLC	4		0.000	0.000	
Aspartic acid			0	FLC	4		0.000	0.000	
Glutamic acid			0	FLC	4		0.000	0.000	
Glycine	=		0	FLC FLC	4 4		0.000	0.000	
Proline	•		0	FLC	4		0.000	0.000 0.000	
Hydroxyproline	•		v	- 20	-		3.000	0.000	
Others:									
Alcohol, ethyl	g 0.0		0	FLC	4		0.0	0.0	
Caffeine									
Theobromine	mg								

Frostings, cream cheese-flavor, ready-to-eat

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 2 tbsp creamy Measure 2 = 24g: 2 tbsp whipped

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19409 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (1)

Refuse:0%

		Am	ount in 10	u gram s	of edi	bie portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence	_		•	
Nutrianta and Un	ito	Maan	Std. Error				Code	Magaura 1	Magaura 2	Magaura	
Nutrients and Un	its	Mean	Sta. Error	1 Ollits	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	18.27	7	0	RC	4		6.03			
Energy	kcal	359		0	NC	4		118			
Energy	kJ	1502		0	NC	4		496			
Protein	g	1.42	2	0	RC	4		0.47			
Total lipid (fat)	g	7.17	7	0	RC	4		2.37			
Ash	g	0.82	2	0	RC	4		0.27			
Carbohydrate, by difference	g	72.18	3	0	RC	4		23.82			
Fiber, total dietary	g	1.1		0	RC	4		0.4			
Sugars, total	g	64.30)	0	RC	4		21.22			
Starch											
N.C 1											
Minerals:				_		_					
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	32		0	RC	4		11			
Iron, Fe		0.60	J	0	RC	4		0.20			
Magnesium, Mg		20		0	RC	4		7			
Phosphorus, P		48		0	RC	4 4		16 43			
Potassium, K	-	130 132		0	RC RC	4		43			
Sodium, NaZinc, Zn	-	0.37	7	0	RC	4		0.12			
Copper, Cu	-	0.13		0	RC	4		0.045			
Manganese, Mn		0.14		0	RC	4		0.046			
Selenium, Se	-	1.6		0	RC	4		0.5			
,	P9	1.0		Ū	110	•		0.5			
Vitamins:											
Vitamin C, total ascorbic acid	-	0.1		0	RC	4		0.0			
Thiamin	-	0.01		0	RC	4		0.006			
Riboflavin	-	0.06		0	RC	4		0.022			
Niacin	-	0.11		0	RC	4		0.037			
Pantothenic acid	-	0.08		0	RC	4		0.027			
Vitamin B-6	-	0.01	L1	0	RC	4		0.004			
Folate, total		2		0	RC	4		1			
Folic acid		0		0	RC	4		0			
Folate, food		2		0	RC	4		1			
Folate, DFE		2		0	NC	4		1			
Choline, total	-										
Betaine	-	0.00	,	•	D.C.	4		0.03			
Vitamin B-12		0.09		0	RC	4 4		0.03			
Vitamin B-12, added		69	,	0	RC RC	4		23			
Vitamin A, RAE		68		0	RC	4		23			
reunoi		13		0	RC	4		4			
Carotene, beta		0		0	RC	4		0			
Carotene, alpha Cryptoxanthin, beta		0		0	RC	4		0			
Vitamin A, IU		249		0	RC	4		82			
Lycopene		0		0	RC	4		0			
Lutein + zeaxanthin		1		0	RC	4		0			
Vitamin E (alpha-tocopherol)		0.19	9	0	RC	4		0.06			
Vitamin E, added		0.00		0	RC	4		0.00			
Tocopherol, beta	_	3.00	-	•		-					
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)		0.7		0	RC	4		0.2			
Dihydrophylloquinone											
Menaquinone-4											

	<u>Am</u>	oun	t in 10	0 grams	of edi	Amount in edible portion of common					
					Nivers is a m					easures of foo	•
					Number		Cauras	Cantidanas	<u></u>	040410001100	<u> </u>
Nutrients and Units		Mean	644	Error	Points			Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Onits		Weari	Siu	. 🗀 101	1 Onito	oouc	Oouc	oouc	weasure i	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated	g	4.4	83		0	RC	4		1.479		
4:0	-	0.2	63		0	RC	4		0.087		
6:0		0.1			0	RC	4		0.054		
8:0	-	0.0			0	RC	4		0.032		
10:0	-	0.2			0 0	RC	4 4		0.068		
12:0 13:0		0.2	10		U	RC	4		0.069		
14:0		0.6	06		0	RC	4		0.200		
15:0					•	0	-		0.200		
16:0		1.9	10		0	RC	4		0.630		
17:0	g	0.0	45		0	RC	4		0.015		
18:0	g	0.9	66		0	RC	4		0.319		
20:0	-	0.0	11		0	RC	4		0.004		
22:0	-										
24:0	-										
Fatty acids, total monounsaturated		1.8	94		0	RC	4		0.625		
14:1	-										
15:1 16:1 undifferentiated	-	0.0	78		0	RC	4		0.026		
16:1 c	-	0.0			0	RC	4		0.026		
16:1 t	•		. •		•	0	-		01020		
17:1	-										
18:1 undifferentiated	-	1.8	07		0	RC	4		0.596		
18:1 c	g	1.3	80		0	RC	4		0.455		
18:1 t	g	0.2	42		0	RC	4		0.080		
18:1-11 t (18:1t n-7)											
20:1	-	0.0			0	RC	4		0.003		
22:1 undifferentiated	-	0.0	00		0	RC	4		0.000		
24:1 c		0.2	0.4		0	RC	4		0 007		
Fatty acids, total polyunsaturated		0.2			0	RC	4		0.097 0.089		
18:2 n-6 c,c		0.1			0	RC	4		0.059		
18:2 CLAs		0.0			0	RC	4		0.007		
18:2 t.t	-										
18:2 i	-	0.0	24		0	RC	4		0.008		
18:2 t not further defined	g										
18:3 undifferentiated	-	0.0	26		0	RC	4		0.009		
18:3 n-3 c,c,c (ALA)		0.0	26		0	RC	4		0.008		
18:3 n-6 c,c,c											
18:3i	-	0.0	00		•	D.C.	4		0.000		
18:4 20:2 n-6 c,c	-	0.0	00		0	RC	4		0.000		
20:2 II-6 C,C	-										
20:3 n-3											
20:3 n-6											
20:4 undifferentiated	g	0.0	00		0	RC	4		0.000		
20:4 n-6	g										
20:5 n-3 (EPA)		0.0	00		0	RC	4		0.000		
21:5	-										
22:4	-	0.0	00		0	D.C.	4		0.000		
22:5 n-3 (DPA) 22:6 n-3 (DHA)	-	0.0			0	RC RC	4 4		0.000		
Fatty acids, total trans	-	0.2			0	RC	4		0.000		
Fatty acids, total trans-monoenoic		0.2			0	RC	4		0.080		
Fatty acids, total trans-polyenoic		0.0			0	RC	4		0.008		
Cholesterol		18			0	RC	4		6		
Phytosterols											
Othors											
Others: Alcohol, ethyl	a	0.0			0	RC	4		0.0		
Caffeine		3			0	RC	4		1		
Theobromine	-	98			0	RC	4		32		
	5										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (1)

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Mean

Code

Measure 1

Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 2 tablespoon

Footnotes:

Recipe No. C-32, from NFSMI, Healthy School Meals Resource System, and Team Nutrition

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Refuse:0%

		<u>An</u>	ount in 10			ble portio	<u>n</u>		dible portion	
				Number		_	_	<u>m</u>	<u> </u>	<u> </u>
							Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
- ·										
Proximates: Water	a	15.2	7	0	RC	4		49.93		
Energy	-	341	•	0	NC	4		1115		
Energy		1427		0	NC	4		4667		
Protein		0.4	4	0	RC	4		1.45		
Total lipid (fat)	-	0.5		0	RC	4		1.73		
		0.1		0	RC	4		0.36		
Ash	-	83.6		0	NC	4		273.53		
Carbohydrate, by difference		0.0		0	RC	4				
Fiber, total dietary								0.0		
Sugars, total		80.4	4	0	RC	4		263.05		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	RC	4		55		
Iron, Fe	_	0.0	3	0	RC	4		0.09		
Magnesium, Mg	_	2		0	RC	4		7		
Phosphorus, P		13		0	RC	4		42		
Potassium, K	mg	30		0	RC	4		98		
Sodium, Na	<u>mg</u>	6		0	RC	4		21		
Zinc, Zn	mg	0.0	6	0	RC	4		0.20		
Copper, Cu		0.0	06	0	RC	4		0.021		
Manganese, Mn	mg	0.0	14	0	RC	4		0.047		
Selenium, Se		1.0		0	RC	4		3.3		
Vitamina										
Vitamins:		0.0		•	20			0.0		
Vitamin C, total ascorbic acid	_	0.0		0	RC	4		0.0		
Thiamin	_	0.0		0	RC	4		0.020		
Riboflavin	_	0.0		0	RC	4		0.148		
Niacin		0.0		0	RC	4		0.126		
Pantothenic acid	_	0.0		0	RC	4		0.168		
Vitamin B-6	=	0.0	06	-	RC	4		0.019		
Folate, total		1 0		0	RC	4 4		2		
Folic acid				0	RC			0		
Folate, food		1		0	RC	4		2		
Folate, DFE		1		0	NC	4		2		
Choline, total										
Betaine		0.0	-	•	20			0.16		
Vitamin B-12		0.0		0	RC	4		0.16		
Vitamin B-12, added		0.0	U	0	RC	4		0.00		
Vitamin A, RAE		4		0	NC	4		13		
Retinol		4		0	RC	4		12		
Carotene, beta		1		•	RC	4		2		
Carotene, alpha		0		0	RC	4		0		
Cryptoxanthin, beta		0		0	RC	4		0		
Vitamin A, IU		14		0	RC	4		46		
Lycopene		0		0	RC	4		0		
Lutein + zeaxanthin		0		0	RC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	_									
Vitamin D (D2 + D3)										
Vitamin D				_						
Vitamin K (phylloquinone)		0.0		0	RC	4		0.1		
Dihydrophylloquinone										
Menaquinone-4	ug									

	Amount in	100 grams		ble portion		Amount in edible portion of common measures of food		
		Number	•		<u>m</u>	easures of for	<u>oa</u>	
		of Data	Deriv	Source Confiden	ce			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Lipids:								
Fatty acids, total saturatedg	0.271	0	RC	4	0.887			
4:0g	0.010	0	RC	4	0.033			
6:0g	0.010	0	RC	4	0.033			
8:0g	0.010	0	RC	4	0.033			
10:0g	0.010	0	RC	4	0.033			
12:0g	0.010	0	RC	4	0.034			
13:0g	0.000	0	RC	4	0.000			
14:0g	0.041	0	RC	4	0.133			
15:0g	0.000	0	RC	4	0.000			
16:0g	0.128	0	RC	4	0.418			
17:0g	0.000	0	RC	4	0.000			
18:0g	0.051	0	RC	4	0.168			
20:0g	0.000	0	RC	4	0.000			
22:0g	0.000	0	RC	4	0.000			
24:0g	0.000	0	RC	4	0.000			
Fatty acids, total monounsaturatedg	0.137	0	RC	4	0.449			
14:1g	0.000	0	RC	4	0.000			
15:19								
16:1 undifferentiatedg	0.000	0	RC	4	0.000			
17:1g								
18:1 undifferentiatedg	0.137	0	RC	4	0.449			
20:1g	0.000	0	RC	4	0.000			
22:1 undifferentiatedg	0.000	0	RC	4	0.000			
24:1 cg								
Fatty acids, total polyunsaturated	0.067	0	RC	4	0.220			
18:2 undifferentiatedg	0.057	0	RC	4	0.186			
18:3 undifferentiatedg	0.010	0	RC	4	0.033			
18:4g	0.000	0	RC	4	0.000			
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.000	0	RC	4	0.000			
20:5 n-3 (EPA)g	0.000	0	RC	4	0.000			
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RC	4	0.000			
22:6 n-3 (DHA)g	0.000	0	RC	4	0.000			
Fatty acids, total transg								
Cholesterolmg	1	0	RC	4	5			
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	RC	4	0.0			
Caffeinemg	0	0	RC	4	0			
Theobrominemg	0	0	RC	4	0			

Common Measures:

Measure 1 = 327g: 1 recipe yield

Footnotes:

1 Powdered sugar, milk and vanilla.

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 1	00 gram	s of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Num be	-				easures of fo	
						Ca C	`andid	<u></u>		
							Confidence			
Nutrients and Un	its	Mean	Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure
<u>'roximates:</u> Water	a	0.70) (.095 4		1		2.88	0.24	
Energy		410	•	0	NC	4		1685	139	
Energy		1715		0		4		7050	583	
Protein (N x 6.25)		0.30) (0.022 4		1		1.23	0.10	
Total lipid (fat)		4.90		377 3		1		20.14	1.67	
Ash		0.30		1		1		1.23	0.10	
Carbohydrate, by difference	-	93.80		0	NC	4		385.52	31.89	
Fiber, total dietary		0.1	,	0	FLM	4		0.4	0.0	
•		0.1		U	FIII	-		0.4	0.0	
Sugars, totalStarch										
Iinerals:										
Calcium, Ca	mg	3		1		1		12	1	
Iron, Fe	_	0.00)	1		1		0.00	0.00	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	2		1		1		8	1	
Phosphorus, P		4		1		1		16	1	
Potassium, K	mg	7		2		1		29	2	
Sodium, Na	<u>mg</u>	13		2		1		53	4	
Zinc, Zn	mg	0.01	L	1		4		0.04	0.00	
Copper, Cu	mg	0.03	35	1		4		0.144	0.012	
Manganese, Mn	mg	0.01	L 2	1		4		0.049	0.004	
Selenium, Se	µg	0.8		0	FLM	4		3.3	0.3	
<u>itamins:</u>				_						
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0	
Thiamin		0.00		1		4		0.000	0.000	
Riboflavin	_	0.00		1		4		0.008	0.001	
Niacin	_	0.00		1		4		0.004	0.000	
Pantothenic acid		0.00		1 1		4		0.029 0.004	0.002	
Vitamin B-6	_	0.00)Τ	1		4 4		0.004	0.000 0	
Folate, total		0		0	z	4 7		0	0	
Folic acid		0		1	Z	4		0	0	
Folate, food		0		0	NC	4		0	0	
Folate, DFE		U		U	NC	4		U	U	
Choline, total Betaine	_									
Vitamin B-12	_	0.00	`	1		4		0.00	0.00	
Vitamin B-12. added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		0	,	0	AS	1		0.00	0.00	
		0		n	7	7		0	0	
Retinol Carotene, beta		· ·		U	4	,		J	J	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		1		0	0	
Lycopene		-		-		•		-	ŭ	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)	_									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	Amount in	100 grams of edi	ble portion	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. En	of Data Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids: Fatty acids, total saturated						
Fatty acids, total polyunsaturatedg Fatty acids, total transg Cholesterolmg	0	1	4	0	0	
Phytosterolsmg Amino Acids: Tryptophang	0.001	0	1	0.004	0.000	
Threonine	0.009 0.010 0.035 0.006	0 0 0	1 1 1	0.037 0.041 0.144 0.025	0.003 0.003 0.012 0.002	
Methionine	0.005 0.006 0.013	0 0 0	1 1 1	0.021 0.025 0.053	0.002 0.002 0.002	
Tyrosine	0.010 0.013 0.012	0 0 0	1 1 1	0.041 0.053 0.049	0.003 0.004 0.004	
Histidine	0.008 0.019 0.020 0.052	0 0 0	1 1 1	0.033 0.078 0.082 0.214	0.003 0.006 0.007	
Glutamic acid	0.032 0.009 0.024 0.011	0 0 0	1 1 1	0.214 0.037 0.099 0.045	0.018 0.003 0.008 0.004	
Hydroxyprolineg						

Common Measures:

Measure 1 = 411g: 1 package Measure 2 = 34g: .083 package

Calories Factors: Protein 3.46 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19371 Frostings, vanilla, creamy, dry mix, prepared with margarine

Refuse:0%

Lipids:

		Am	ount in 10	0 grams	of edi	ble portio	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	<u>od</u>
						Source (Confidence			
Nutrients and Un	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and Or	1113	Wican	3td. E101					Wicasure i	Weasure 2	Weasure
Proximates:										
Water	g	12.1	.8	0	RP	4		4.02		
Energy	-	413		0	RP	4		136		
Energy		1728		0	RP	4		570		
Protein		0.3	4	0	RP	4		0.11		
Total lipid (fat)	g	12.7	4	0	RP	4		4.20		
Ash		0.4	7	0	RP	4		0.15		
Carbohydrate, by difference	g	74.2	8	0	RP	4		24.51		
Fiber, total dietary		0.1		0	RP	4		0.0		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	<u>m</u> g	6		0	RP	4		2		
Iron, Fe	mg	0.0	1	0	RP	4		0.00		
Magnesium, Mg	mg	2		0	RP	4		1		
Phosphorus, P	mg	6		0	RP	4		2		
Potassium, K	-	10		0	RP	4		3		
Sodium, Na	-	114		0	RP	4		38		
Zinc, Zn		0.0		0	RP	4		0.00		
Copper, Cu	-	0.0	28	0	RP	4		0.009		
Manganese, Mn		0.6		0	RP	4		0.2		
Selenium, Se	µy	0.6		U	RP	4		0.2		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	RP	4		0.0		
Thiamin	-	0.0		0	RP	4		0.000		
Riboflavin	-	0.0		0	RP RP	4 4		0.002		
Niacin		0.0		0	RP RP	4		0.001 0.005		
Pantothenic acid Vitamin B-6	-	0.0		0	RP RP	4		0.003		
Folate, total	_	0	02	0	RP	4		0		
Folic acid		0		0	RP	4		0		
Folate, food		0		0	RP	4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total										
Betaine										
Vitamin B-12	µg	0.0	1	0	RP	4		0.00		
Vitamin A, RAE	µg	80		0	NC	4		27		
Retinol	µg	73		0	RP	4		24		
Carotene, beta	µg	91		0	0	4		30		
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU	IU	393		0	RP	4		130		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u>Ar</u>	ount in 10	0 grams	of edil	f edible portion Amount in edible portion of co				
			Number					easures of foo	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 1.5	40	0	RP	4		0.574		
4:0	-		0	RP	4		0.000		
6:0			0	RP	4 4		0.000		
8:0 10:0	•		0	RP RP	4		0.000		
12:0	=		0	RP	4		0.000		
13:0	-								
14:0	=	22	0	RP	4		0.007		
15:0	-								
16:0 17:0	=	168	0	RP	4		0.352		
18:0	-	50	0	RP	4		0.214		
20:0	=								
22:0	g								
24:0									
Fatty acids, total monounsaturated		142	0	RP	4		1.301		
15:1	-								
16:1 undifferentiated	-	00	0	RP	4		0.000		
17:1									
18:1 undifferentiated			0	RP	4		1.301		
20:1			0	RP	4		0.000		
22:1 undifferentiated		100	0	RP	4		0.000		
Fatty acids, total polyunsaturated	-	97	0	RP	4		0.923		
18:2 undifferentiated			0	RP	4		0.883		
18:3 undifferentiated	-	.21	0	RP	4		0.040		
18:4		00	0	RP	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiated		.00	0	RP	4		0.000		
20:4 undifferentiated 20:5 n-3 (EPA)			0	RP	4		0.000		
21:5	=		•		-		0.000		
22:4	g								
22:5 n-3 (DPA)	•		0	RP	4		0.000		
22:6 n-3 (DHA)	=	00	0	RP	4		0.000		
Fatty acids, total trans			0	RP	4		0		
Phytosterols	0		Ū	K	-		Ü		
Amino Acids:	•								
Tryptophan	g 0.0	102	0	RP	4		0.001		
Threonine	9		0	RP	4		0.004		
Isoleucine	g 0.0	14	0	RP	4		0.004		
Leucine			0	RP	4		0.012		
Lysine			0	RP	4		0.004		
Methionine	•		0	RP RP	4 4		0.002 0.002		
CystinePhenylalanine	•		0	RP	4		0.002		
Tyrosine			0	RP	4		0.004		
Valine	•		0	RP	4		0.005		
Arginine	-		0	RP	4		0.004		
Histidine			0	RP	4		0.003		
Alanine	=		0	RP	4		0.006		
Aspartic acid			0	RP RP	4 4		0.008 0.020		
Glycine	•		0	RP	4		0.020		
Proline	9		0	RP	4		0.009		
Serine		14	0	RP	4		0.005		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.0)	0	RP	4		0.0		
Caffeine	_								
Theobromine	mg								

Frostings, vanilla, creamy, dry mix, prepared with margarine

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 2 tablespoon

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Refuse:0%

Nutrients and Uni Proximates: Water Energy	ts	Mean S		ım be	r			<u>m</u>	easures of foo	od
Proximates: Water	ts						measures of food			
Proximates: Water	ts			t Data	Deriv	Source C	Confidence			
Proximates: Water	.5		itd. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Water		Weari S	. штог -					weasure i	Wedsule 2	Weasure
Water										
Energy	g	15.07	0.34	7 6	A	1		5.73	4.97	69.62
	kcal	418		0	NC	4		159	138	1930
Energy	kJ	1748		0	NC	4		664	577	8074
Protein (N x 6.25)		0.00	0.00	0 6	A	1		0.00	0.00	0.00
Total lipid (fat)	g	16.23	0.26	5 6	A	1		6.17	5.36	75.00
Ash	g	0.81	0.03	0 6	A	1		0.31	0.27	3.73
Carbohydrate, by difference	g	67.89		0	NC	4		25.80	22.40	313.66
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	0.0
Sugars, total	g	63.10	1.90	6 4	LC	8		23.98	20.82	291.51
Starch	g									
Minerals:										
Calcium, Ca	ma	3	0.23	3 6	A	1		1	1	13
Iron, Fe	_	0.16	0.00		A	1		0.06	0.05	0.73
Magnesium, Mg	_	1	0.15		A	1		0	0	3
Phosphorus, P		18	5.10	9 6	A	1		7	6	83
Potassium, K		34	2.06	8 6	A	1		13	11	158
Sodium, Na	mg	184	2.79	8 6	A	1		70	61	851
Zinc, Zn	<u>mg</u>	0.07	0.01	0 6	A	1		0.03	0.02	0.32
Copper, Cu	mg	0.000	0.00	0 6	A	1		0.000	0.000	0.00
Manganese, Mn	mg	0.000	0.00	0 6	A	1		0.000	0.000	0.00
Selenium, Se	µg	0.1	0.02	9 3	A	1		0.0	0.0	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin	_	0.010	0.00	1 6	A	1		0.004	0.003	0.04
Riboflavin	mg	0.302	0.02	5 6	A	1		0.115	0.100	1.39
Niacin	mg	0.220	0.00	0 6	A	1		0.084	0.073	1.01
Pantothenic acid	mg	0.055	0.00	0 6	A	1		0.021	0.018	0.25
Vitamin B-6	mg	0.000	0.00	0 6	A	1		0.000	0.000	0.00
Folate, total	µg	8	0.00	0 6	A	1		3	3	38
Folic acid	µg	0		0	NR	4		0	0	0
Folate, food	µg	8	0.00	0 6	A	1		3	3	38
Folate, DFE	µg	8		0	NC	4		3	3	38
Choline, total	_	2.3		0	AS	1		0.9	0.8	10.7
Betaine										
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol		0		0	FLA	-		0	0	0
Carotene, beta		0		0	FLA	4		0	0	0
Carotene, alpha		-		0	FLA	4		0	0	0
Cryptoxanthin, beta		0	0.00	0 0 4	FLA LC	4 8		0	0 0	0
Vitamin A, IU		0	0.00	0	FLA	4		0	0	0
LycopeneLutein + zeaxanthin		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		1.53		0	FLA	4		0.58	0.50	7.06
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta		0.00		•		-		0.00		0.00
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D		0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)		13.0	0.61	2 3	A	1		4.9	4.3	59.9
Dihydrophylloquinone	µg									

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Num ber								
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Timia									
<u>Lipids:</u>	2.9	74	0	FLA	4		1.130	0.981	13.738
Fatty acids, total saturatedg	0.0		0	FLA	4		0.000	0.000	0.000
6:0g	0.0		0	FLA	4		0.000	0.000	0.000
8:0g	0.0		0	FLA	4		0.000	0.000	0.000
0:0g	0.0		0	FLA	4		0.000	0.000	0.000
12:0g	0.0		0	FLA	4		0.000	0.000	0.000
13:0	0.0	,,,,	Ū	LUN	-		0.000	0.000	0.000
14:0g	0.0	120	0	FLA	4		0.008	0.007	0.092
15:0	0.0		0	FLA	4		0.000	0.000	0.000
16:0g	2.3		0	FLA	4		0.902	0.784	10.972
17:0	0.0		0	FLA	4		0.000	0.000	0.000
18:0g	0.5		0	FLA	4		0.220	0.191	2.673
20:0g	0.0		0	FLA	4		0.000	0.000	0.000
22:0	0.0		0	FLA	4		0.000	0.000	0.000
24:0g									
Fatty acids, total monounsaturated	4.8	860	0	FLA	4		1.847	1.604	22.452
14:1g									
15:1g									
16:1 undifferentiatedg	0.1	.78	0	FLA	4		0.068	0.059	0.824
17:1g									
18:1 undifferentiatedg	4.6	81	0	FLA	4		1.779	1.545	21.628
20:1g	0.0	000	0	FLA	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.0	000	0	FLA	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	7.9	51	0	FLA	4		3.021	2.624	36.733
18:2 undifferentiatedg	7.0	50	0	FLA	4		2.679	2.326	32.570
18:3 undifferentiatedg	0.9	01	0	FLA	4		0.342	0.297	4.163
18:4g	0.0	000	0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated	0.0	000	0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	000	0	FLA	4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	0.0		0	FLA	4		0.000	0.000	0.000
Fatty acids, total transg	0.0	000	0	FLA	4		0.000	0.000	0.000
Cholesterolmg	0		0	FLA	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0)	0	FLA	4		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 38g: .083 package Measure 2 = 33g: 2 tbsp creamy Measure 3 = 462g: 1 package (16 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	Amount in e	Amount in edible portion of common					
				Number					easures of foo	
						C	£!	_		
							onfidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.9	0	1		1		3.93	0.32	
Energy	_	371		0	NC	4		768	63	
Energy		1552		0		4		3213	264	
Protein (N x 6.1)		2.3	0	1		1		4.76	0.39	
Total lipid (fat)		0.0	0	1		1		0.00	0.00	
Ash		0.9	0	1		1		1.86	0.15	
Carbohydrate, by difference	=	94.9	0	0	NC	4		196.44	16.13	
Fiber, total dietary		0.0		0	FLM	4		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	4		1		1		8	1	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	9	1		4		0.19	0.02	
Magnesium, Mg	mg	3		1		1		6	1	
Phosphorus, P	mg	7		1		1		14	1	
Potassium, K	mg	117		1		1		242	20	
Sodium, Na	<u>mg</u>	234		1		1		484	40	
Zinc, Zn	mg	0.0	1	1		4		0.02	0.00	
Copper, Cu	mg	0.0		1		4		0.077	0.006	
Manganese, Mn		0.0	07	1		4		0.014	0.001	
Selenium, Se	µg	4.1		0	FLM	4		8.5	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		1		4		0.0	0.0	
Thiamin		0.0		1		4		0.002	0.000	
Riboflavin	-	0.0		0		1		0.120	0.010	
Niacin	-	1.0		1		1		2.070	0.170	
Pantothenic acid	-	0.0		1		4		0.108	0.009	
Vitamin B-6	-	0.0	01	1		4		0.002	0.000	
Folate, total		3 0		1 0	z	4 7		6	1	
Folic acid		3		1	Z	4		0 6	0 1	
Folate, food		3		0	NC	4		6	1	
Folate, DFE		3		U	NC	*		6	1	
Betaine	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-12	-	0.0	1	1		4		0.02	0.00	
Vitamin B-12. added		0.0		0	z	7		0.02	0.00	
Vitamin A, RAE		0.0	3	0	AS	1		0	0	
Retinol	· -	0		0	7.	7		0	0	
Carotene, beta		·		•	_	ŕ		· ·	·	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Dihydrophylloquinone Menaquinone-4										

	Amount in	100 grams of edi	Amount in edible portion of common measures of food			
		Number		<u></u>	casares or roc	<u>.u</u>
			Source Confidence			
Nutrients and Units	Mean Std. Err	or Points Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:						
Fatty acids, total saturatedg						
Fatty acids, total monounsaturated9						
Fatty acids, total polyunsaturated9						
Fatty acids, total transg						
Cholesterolmg	0	1	4	0	0	
Phytosterolsmg						
Amino Acids:						
Tryptophang	0.025	0	1	0.052	0.004	
Threonineg	0.099	0	1	0.205	0.017	
Isoleucineg	0.119	0	1	0.246	0.020	
Leucineg	0.182	0	1	0.377	0.031	
Lysineg	0.152	0	1	0.315	0.026	
Methionineg	0.072	0	1	0.149	0.012	
Cystineg	0.052	0	1	0.108	0.009	
Phenylalanineg	0.126	0	1	0.261	0.021	
Tyrosineg	0.080	0	1	0.166	0.014	
Valineg	0.138	0	1	0.286	0.023	
Arginineg	0.139	0	1	0.288	0.024	
Histidineg	0.048	0	1	0.099	0.008	
Alanineg	0.152	0	1	0.315	0.026	
Aspartic acidg	0.228	0	1	0.472	0.039	
Glutamic acidg	0.308	0	1	0.638	0.052	
Glycineg	0.154	0	1	0.319	0.026	
Prolineg	0.133	0	1	0.275	0.023	
Serineg	0.151	0	1	0.313	0.026	
Hydroxyprolineg						

Common Measures:

Measure 1 = 207g: 1 package Measure 2 = 17g: .083 package

Calories Factors: Protein 4.3 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

Lipids:

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				Number					easures of foo	
						Source C	Confidence	_		
Nutrients and Units		Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		35.20	0	0		1		110.88	9.15	
Energy	kcal	244		0	NC	4		769	63	
Energy	kJ	1021				4		3216	265	
Protein (N x 0)	g	1.50	0	0		1		4.73	0.39	
Total lipid (fat)	g	0.00	0	0		1		0.00	0.00	
Ash	g	0.60	0	0		1		1.89	0.16	
Carbohydrate, by difference	g	62.60	0	0	NC	4		197.19	16.28	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	_	4		0		1		13	1	
Iron, Fe		0.06	6	0		1		0.19	0.02	
Magnesium, Mg		2		0		1		6	1	
Phosphorus, P		5		0		1		16	1	
Potassium, K	-	77		0		1		243	20	
Sodium, Na	-	156	_	0		1		491	41	
Zinc, Zn	_	0.02		0		1		0.06	0.01	
Copper, Cu	_	0.02		0		1		0.085	0.007	
Manganese, Mn	_	0.00	05	0		1		0.016	0.001	
Selenium, Se	µg	2.6		0	RP	4		8.2	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	-	0.00	01	0		1		0.003	0.000	
Riboflavin		0.02	26	0		1		0.082	0.007	
Niacin	_	0.66	60	0		1		2.079	0.172	
Pantothenic acid	_	0.03	34	0		1		0.107	0.009	
Vitamin B-6		0.00	01	0		1		0.003	0.000	
Folate, total	_	2		0		1		6	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0		1		6	1	
Folate, DFE		2		0	NC	4		6	1	
Choline, total										
Betaine										
Vitamin B-12	_	0.01	1	0		1		0.03	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta	· -									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		0		1		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	ua									

	Amount in 1	00 grams of ed	Amount in edible portion of common measures of food			
		Number				
		of Data Deriv	/ Source Confidence			
Nutrients and Units	Mean Std. Erro	Points Code		Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg	0.000	0	4	0.000	0.000	
Fatty acids, total monounsaturatedg						
Fatty acids, total polyunsaturated						
Fatty acids, total transg						
Cholesterolmg	0	0	1	0	0	
Phytosterolsmg						
Amino Acids:						
Tryptophang	0.016	0	1	0.050	0.004	
Threonineg	0.065	0	1	0.205	0.017	
Isoleucineg	0.079	0	1	0.249	0.021	
Leucineg	0.120	0	1	0.378	0.031	
Lysineg	0.100	0	1	0.315	0.026	
Methionineg	0.048	0	1	0.151	0.012	
Cystineg	0.034	0	1	0.107	0.009	
Phenylalanineg	0.083	0	1	0.261	0.022	
Tyrosineg	0.053	0	1	0.167	0.014	
Valineg	0.091	0	1	0.287	0.024	
Arginineg	0.092	0	1	0.290	0.024	
Histidineg	0.032	0	1	0.101	0.008	
Alanineg	0.100	0	1	0.315	0.026	
Aspartic acidg	0.151	0	1	0.476	0.039	
Glutamic acidg	0.203	0	1	0.639	0.053	
Glycineg	0.102	0	1	0.321	0.027	
Prolineg	0.088	0	1	0.277	0.023	
Serineg	0.100	0	1	0.315	0.026	
Hydroxyprolineg						

Common Measures:

Measure 1 = 315g: 1 package yields Measure 2 = 26g: .083 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

		<u>Am</u>	ount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	45.5	1	0	0	4		35.95		
Energy		224	L	1	MC	9		177		
Energy		938		0	MC	9		741		
Protein (N x 6.25)		4.09	9	1	MC	9		3.23		
Total lipid (fat)		4.10		1	MC	9		3.24		
Ash	-	0.98		0	BFFN			0.77		
Carbohydrate, by difference	-	45.3		1	MC	9		35.80		
Fiber, total dietary		4.3	-	1	MC	9		3.4		
Sugars, total		24.63	2	1	MC	9		19.45		
Starch		21.0.	_	-	110	_		13.13		
Minerals:										
Calcium, Ca	ma	125		1	MC	9		99		
Iron, Fe	•	0.7	5	1	MC	9		0.59		
Magnesium, Mg	_	0.7.	-	-	110	_		0.33		
Phosphorus, P	_									
Potassium, K	_									
Sodium, Na		159		1	MC	9		125		
Zinc, Zn	_									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.6		1	MC	9		0.5		
Thiamin				_		-		0.5		
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6	_									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		259		1	MC	9		204		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, alpna										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
Linide										
Lipids:	a	1.00	11	1	MC	9		0.791		
Fatty acids, total saturated		1.00	· -	1	MC	9		0./91		
Fatty acids, total monounsaturated. Fatty acids, total polyunsaturated										
Fatty acids, total polyunsaturated										
Cholesterol		2		1	MC	9		2		
Phytosterols	_	-		-		-		~		

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Code

Measure 2

Std. Error Points Code Code **Nutrients and Units** Measure 1 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 serving 1 cone

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

		<u>Am</u>	ount in 10	0 grams	of edi	ole porti	<u>on</u>	Amount in edible portion of common		
				Number				m	easures of fo	od
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Nati lents and on		Wican	otu. 🗖 i oi					incasare i	measure 2	in casure c
Proximates:										
Water	g	63.53	L	0	FLC	4		47.00		
Energy	kcal	124		1	MC	9		91		
Energy	kJ	517		0	MC	9		382		
Protein (N x 6.25)	g	4.3	L	1	MC	9		3.19		
Total lipid (fat)		1.88	3	1	MC	9		1.39		
Ash		0.2	3	0	0	4		0.17		
Carbohydrate, by difference	_	30.0		1	MC	9		22.25		
Fiber, total dietary		6.0		1	MC	9		4.4		
Sugars, total		7.10	n	1	MC	9		5.25		
<u> </u>		7.1	,	_	МС	,		3.23		
Starch	9									
Minerals:										
Calcium, Ca	mg	138		1	MC	9		102		
Iron, Fe	_	0.73	1	1	MC	9		0.53		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •									
Phosphorus, P	_									
Potassium, K										
Sodium, Na	_	120		1	MC	9		89		
Zinc. Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	_									
,										
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.9		1	MC	9		0.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	<u>I</u> U	49		1	MC	9		36		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	<u>IU</u>									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	pg									
Menaquinone-4	µg									
Linide:										
<u>Lipids:</u>	a	4 4	20	-		^		0.840		
Fatty acids, total saturated	-	1.00	30	1	MC	9		0.740		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_		^		_		
Cholesterol		7		1	MC	9		5		
Phytosterols	mg									

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 74g: 1 serving 3.5 fl oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

		<u>Am ount</u>	in 100 grams	of edil	ole porti	<u>on</u>	Amount in e	dible portion	of common
			Num be i	•				easures of fo	
					Source	Confidence			
Nutrients and Uni	ite	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on		Weari Stu.	L 0 1 0				Wicasure i	Wiedsule 2	Weasure
Proximates:									
Water	g	46.65	0	0	4		29.85		
Energy		239	0	NC	4		153		
Energy	kJ	1001	0	NC	4		641		
Protein	g	3.90	0	NR	4		2.50		
Total lipid (fat)		5.85	0	NR	4		3.74		
Ash	-	0.85	0	FLM	4		0.55		
Carbohydrate, by difference	-	42.75	0	NC	4		27.36		
Fiber, total dietary		4.3	1	MC	9		2.8		
Sugars, total		21.82	1	MC	9		13.96		
Starch									
Minerals:									
Calcium, Ca	mg	142	1	MC	9		91		
Iron, Fe	-	0.38	1	MC	9		0.24		
Magnesium, Mg									
Phosphorus, P									
Potassium, K	-								
Sodium, Na	-	191	1	MC	9		122		
Zinc, Zn	-								
Copper, Cu									
Manganese, Mn	-								
Selenium, Se	µg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7	1	MC	9		0.4		
Thiamin									
Riboflavin	-								
Niacin	-								
Pantothenic acid									
Vitamin B-6									
Folate, total	-								
Folate, DFE									
Choline, total									
Betaine									
Vitamin B-12									
Vitamin A, RAE									
Vitamin A, IU		288	1	MC	9		184		
Lycopene									
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)	µg								
Vitamin D	<u>I</u> U								
Vitamin K (phylloquinone)	µg								
Dihydrophylloquinone	pg								
Menaquinone-4	µg								
Lipids:									
Fatty acids, total saturated	a	3.250	0	NR	4		2.080		
Fatty acids, total monounsaturated			·		-				
Fatty acids, total monounsaturated									
Fatty acids, total trans									
Cholesterol		4	1	MC	9		3		
Phytosterols		-	-	-10	-		-		
1 11 y 10 3 10 10 13	9								

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 serving 1 sandwich

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

		<u>Am</u>	ount in 10			ole portio	<u>on</u>		edible portion	
				Number				<u> </u>	easures or roo	<u>5u</u>
							Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	54.6	9	0	0	4		42.66		
Energy		242		0	NC	4		189		
Energy		1011		0	NC	4		789		
Protein (N x 6.25)		5.2	0	0	LC	8		4.06		
Total lipid (fat)		13.0		0	LC	8		10.14		
Ash		1.1		0	FLM	4		0.88		
Carbohydrate, by difference		25.9		0	NC	4		20.26		
Fiber, total dietary		3.9		0	LC	8		3.0		
Sugars, total		8.6	4	1	MC	9		6.74		
Starch		0.0	-	-	ис	,		0.71		
Starcii	9									
Minerals:										
Calcium, Ca	mg	289		1	MC	9		225		
Iron, Fe	mg	0.4	1	1	MC	9		0.32		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	<u>mg</u>	86		1	MC	9		67		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		1	MC	9		0.8		
Thiamin		1.0		-	110	_		0.0		
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Choline, total										
Betaine	-									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		289		1	MC	9		225		
Lycopene		200		_		_				
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
<u>Lipids:</u>	_		••	_		-				
Fatty acids, total saturated		10.4	υU	0	LC	8		8.112		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_		-		_		
Cholesterol		8		1	MC	9		6		
Phytosterols	mg									

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 1 serving 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

		<u>Am</u>	ount in 10			ole portio	<u>on</u>		edible portion	
				Number		_		<u>m</u>	easures of for	<u>50</u>
							Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		82.3	3	0	0	4		36.25		
Energy		72		0	NC	4		32		
Energy		300		0	NC	4		132		
Protein (N x 6.25)	-	3.6		0	NR	4		1.62		
Total lipid (fat)	-	0.63		0	NR	4		0.27		
Ash		0.4		0	FLM	4		0.19		
Carbohydrate, by difference	g	12.8	3	0	NC	4		5.67		
Fiber, total dietary		3.6		0	NR	4		1.6		
Sugars, total	g	2.7	5	1	MC	9		1.21		
Starch	g									
Minerals:										
Calcium, Ca	mg	137		1	MC	9		60		
Iron, Fe		0.2	3	1	MC	9		0.12		
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	41		1	MC	9		18		
Zinc, Zn	<u>.</u> mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>m</u> g	0.4		1	MC	9		0.2		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total	-									
Betaine										
Vitamin B-12										
Vitamin A, RAEVitamin A, IU		23		1	MC	9		10		
Lycopene		23		_	МС	,		10		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.4	70	1	MC	9		0.207		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		3		1	MC	9		1		
Phytosterols	<u>mg</u>									

Frozen novelties, No Sugar Added CREAMSICLE Pops

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 serving 1 pop

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Frozen novelties, No Sugar Added, FUDGSICLE pops

Good Humor - Breyers Ice Cream

		Amo	ount in 100 gr			ble portic	<u>on</u>		edible portion easures of fo	
				n be		_		<u>m</u>	easures or to	<u>ou</u>
							Confidence			
Nutrients and Ur	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	69.93	0.033	3	A	1		58.74		
Energy		124	0.055	0	NC	4		104		
Energy		519		0	NC	4		436		
		3.67	0.051	3	A	1		3.09		
Protein (N x 6.25)						1				
Total lipid (fat)		1.87	0.033	3	A			1.57		
Ash		1.41		3	A	1		1.19		
Carbohydrate, by difference		23.11		0	NC	4		19.41		
Fiber, total dietary		1.5		1	A	1		1.3		
Sugars, total		5.10		0	AS	1		4.29		
Sucrose	g	0.00		2	A	1		0.00		
Glucose (dextrose)		0.00		2	A	1		0.00		
Fructose	g	0.00		2	A	1		0.00		
Lactose		5.10		2	A	1		4.29		
Maltose		0.00		2	A	1		0.00		
Galactose		0.00		2	A	1		0.00		
Starch										
Minorala	_									
Minerals: Calcium, Ca	ma	231	3.756	3	A	1		194		
· · · · · · · · · · · · · · · · · · ·	_	1.58		3	A	1		1.33		
Iron, Fe		27	0.132	3	A	1		22		
Magnesium, Mg		160	2.404	3	A	1		134		
Phosphorus, P		253	1.764	3	A	1		213		
Potassium, K		96	2.067	3	A	1		81		
Sodium, Na		0.55		3	A	1		0.46		
Zinc, Zn		0.10		3	A	1		0.090		
Copper, Cu		0.15		3	A	1		0.126		
Selenium, Se		1.7	0.005	0	BFNN	4		1.4		
		,		Ŭ	DIM	•				
<u>Vitamins:</u>	ma	0.0		0	z	7		0.0		
Vitamin C, total ascorbic acid	_	0.0	•			1		0.0		
Thiamin	_	0.07		1 2	A A			0.059		
Riboflavin	_	0.23				1		0.193		
Niacin		0.17		2	A	1		0.147		
Pantothenic acid		0.27		0	FLC	4		0.228		
Vitamin B-6	_	0.05	8	1	A	1		0.049		
Folate, total		6		0	FLC	4		5		
Folic acid	· -	0		0	FLC	4		0		
Folate, food		6		0	FLC	4		5		
Folate, DFE		6		0	NC	4		,		
Choline, total		11.7		0	BFZN	4		9.8		
Betaine				_		_				
Vitamin B-12		0.07		1	A	1		0.06		
Vitamin B-12, added		0.00		0	BFZN	4		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		0		0	NC	4		0		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		2		0	FLC	4		2		
Vitamin E (alpha-tocopherol)		0.30		0	BFZN	4		0.25		
Vitamin E, added		0.00		0	BFZN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 0.0 z 7 0.0 Vitamin D (D2 + D3).....µg 0 0 z 7 0 0 FLC 4 Vitamin K (phylloquinone)......µg 0.1 0.1 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.984 0 NC 4 0.826 0.000 1 1 4:0.....g Α 0.000 0.000 0.000 6:0.....g 1 Α 1 8:0.....g 0.000 1 Α 1 0.000 0.000 1 1 10:0.....g Α 0.000 0.000 1 A 1 0.000 13:0.....g 0.020 1 Α 1 0.017 14:0.....g 0.003 1 0.003 А 1 15:0.....g 0.687 1 А 1 0.577 0.003 0.003 17:0.....g 1 Α 1 18:0.....g 0.258 1 Α 1 0.217 0.008 1 Α 1 0.007 20:0.....g 0.002 1 А 1 0.002 0.003 0.003 1 Α 1 Fatty acids, total monounsaturated......g 0.649 0 NC 4 0.545 0.000 1 A 1 0.000 14:1.....g 0.000 1 Α 1 0.000 16:1 undifferentiated.......Q 0.003 AS 1 0.003 0.003 1 Α 1 0.003 16:1 c.....g 16:1 t.....g 0.000 1 Α 1 0.000 0.000 1 Α 1 0.000 0.643 AS 1 0.540 18:1 c.....g 0.643 1 Α 1 0.540 0.000 1 Α 1 0.000 18:1-11 t (18:1t n-7)......g 0.003 А 0.003 20:1.....g 0.000 0 1 22:1 undifferentiated.....g AS 0.000 22:1 c.....g 0.000 1 А 1 0.000 0.000 22:1 t.....g 1 Α 1 0.000 0.000 1 0.000 0.149 0 NC 4 0.125 0.146 0 1 18:2 undifferentiated......g AS 0.123 18:2 n-6 c,c....g 0.143 1 А 1 0.120 0.000 1 1 18:2 CLAs.....g 0.000 18:2 t,t.....g 18:2 i.....g 0.003 0.003 1 1 18:2 t not further defined.......Q Α 18:3 undifferentiated......g 0.003 0 AS 1 0.003 0.003 1 1 18:3 n-3 c,c,c (ALA)......g А 0.003 0.000 1 А 1 0.000 18:3 n-6 c,c,c......g 0.000 18:3i......g 1 1 0.000 Α 18:4.....g 0.000 1 А 1 0.000 0.000 1 Α 1 0.000 20:3 undifferentiated.....g 0.000 0 AS 1 0.000 0.000 0.000 1 1 20:3 n-3.....g А 20:3 n-6.....g 0.000 1 Α 1 0.000 0.000 1 1 20:4 undifferentiated......g Α 0.000 20:4 n-6.....g 0.000 1 А 1 0.000 21:5.....g 0.000 0.000 22:4.....g 1 А 1 0.000 22:5 n-3 (DPA).....g 1 А 1 0.000 0.000 22:6 n-3 (DHA)......g Α 1 0.000 0.003 0 NC Fatty acids, total trans......g 4 0.003 0.000 NC 4 Fatty acids, total trans-monoenoic......g 0 0.000

	Amount in 1	Number	•	_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoicg	0.003 2	0	NC A	4 1		0.003		
Cholesterolmg Phytosterolsmg Others:	2	1	A	1		2		
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg Theobrominemg	4 133	0 0	FLC FLC	4 4		4 112		

Common Measures:

Measure 1 = 84g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

		<u>Am</u>	ount in 10	0 grams	of edik	le porti	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of fo	od
						Source	Confidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and on	ito	Wiedli	3tu. 🗀 101					Weasure i	Weasure 2	Wieasure
Proximates:										
Water	g	82.3	8	0	BFZN	4		65.91		
Energy	kcal	49		1	MC	9		39		
Energy	kJ	204		0	MC	9		163		
Protein (N x 6.25)		1.3	7	1	MC	9		1.10		
Total lipid (fat)	g	2.3	3	1	MC	9		1.86		
Ash		0.4	4	0	BFZN	4		0.35		
Carbohydrate, by difference	-	11.9	5	1	MC	9		9.56		
Fiber, total dietary		7.5		1	MC	9		6.0		
Sugars, total		0.4		1	MC	9		0.34		
Starch										
Starcii	9									
Minerals:										
Calcium, Ca		23		1	MC	9		18		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	3	1	MC	9		0.02		
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium, Na	-	6		1	MC	9		5		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	MC	9		0.0		
Thiamin		• • • • • • • • • • • • • • • • • • • •		_		-		0.0		
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		0		1	MC	9		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
<u>Lipids:</u>	_		• •	_		•				
Fatty acids, total saturated	_	2.0	00	1	MC	9		1.600		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		^		-	***	^		•		
Cholesterol		0		1	MC	9		0		
Phytosterols	mg									

Frozen novelties, Sugar Free, CREAM SICLE Pops

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 serving 2 pops

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole portic	<u>on</u>		edible portion	
				Number				<u> </u>	easures or roc	<u> </u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.3	0	0		4		60.29	72.04	
Energy		87		0	NC	4		67	80	
Energy		362		0	NC	4		279	333	
Protein (N x 6.25)		1.2	0	0		4		0.92	1.10	
Total lipid (fat)	-	0.1		0		4		0.08	0.09	
Ash		0.2		0		4		0.15	0.18	
Carbohydrate, by difference		20.2	0	0	NC	4		15.55	18.58	
Fiber, total dietary		1.0		0	FLA	4		0.8	0.9	
Sugars, total		17.4	В	0	FLA	4		13.46	16.08	
Starch			_	-		=			20100	
Starcii	9									
Minerals:										
Calcium, Ca	<u>mg</u>	5		0		4		4	5	
Iron, Fe		0.1	9	0		4		0.15	0.17	
Magnesium, Mg	mg	4		0		4		3	4	
Phosphorus, P		6		0		4		5	6	
Potassium, K	mg	53		0		1		41	49	
Sodium, Na	-	4		0		1		3	4	
Zinc, Zn	-	0.0		0		4		0.04	0.05	
Copper, Cu		0.0		0		4		0.000	0.000	
Manganese, Mn		0.1	65	0		4		0.127	0.152	
Selenium, Se	µg	0.2		0	BFSN	4		0.2	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5		0		4		7.3	8.7	
Thiamin	-	0.0	11	0		4		0.008	0.010	
Riboflavin		0.0	18	0		4		0.014	0.017	
Niacin	mg	0.1	59	0		4		0.122	0.146	
Pantothenic acid	mg	0.0	40	0		4		0.031	0.037	
Vitamin B-6	mg	0.0	25	0		4		0.019	0.023	
Folate, total	µg	7		0	FLA	4		6	7	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	7		0	FLA	4		6	7	
Folate, DFE	µg	7		0	NC	4		6	7	
Choline, total	mg	4.0		0	0	4		3.1	3.7	
Betaine	mg									
Vitamin B-12	µg	0.0	0	0	FLA	4		0.00	0.00	
Vitamin B-12, added	µg	0.0	0	0	FLA	4		0.00	0.00	
Vitamin A, RAE	µg	1		0	FLA	4		1	1	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	11		0	FLA	4		8	10	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	18		0	FLA	4		14	17	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		34		0	FLA	4		26	31	
Vitamin E (alpha-tocopherol)		0.0		0	Z	7		0.00	0.00	
Vitamin E, added		0.0	0	0	FLA	4		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	-									
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta		0.0		0		7		0.0	0 0	
Vitamin D (D2 + D3)					Z Z	7		0.0	0.0	
Vitamin D		0 0.9		0	Z FLA	4		0.7		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.9		U	гцА	*		0.7	0.8	
Dilivarophyliodulnone	µy									

		<u>Am</u>	ount in 10	0 grams	of edi	ble portion	<u>1</u>	Amount in edible portion of common measures of food		
				Number	•			<u>m</u>	easures of for	<u>oa</u>
				of Data	Deriv	Source C	onfidence			
Nutrients and U	Inits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.0	00	0	FLA	4		0.000	0.000	
4:0	g	0.0	00	0	FLA	4		0.000	0.000	
6:0	g	0.0	00	0	FLA	4		0.000	0.000	
8:0	g	0.0	00	0	FLA	4		0.000	0.000	
10:0	-	0.0	00	0	FLA	4		0.000	0.000	
12:0	g	0.0	00	0	FLA	4		0.000	0.000	
13:0	•									
14:0	-	0.0	00	0	FLA	4		0.000	0.000	
15:0	•								,	
16:0		0.0	00	0	FLA	4		0.000	0.000	
17:0	-									
18:0	-	0.0	00	0	FLA	4		0.000	0.000	
20:0				-		_				
22:0	_									
24:0	-									
Fatty acids, total monounsaturated	-	0.0	00	0	FLA	4		0.000	0.000	
14:1	-	0.0	00	•	LUN	-		0.000	0.000	
15:1	•									
16:1 undifferentiated	-	0.0	00	0	FLA	4		0.000	0.000	
17:1		0.0	00	U	FUA	-		0.000	0.000	
18:1 undifferentiated	-	0.0	00	0	FLA	4		0.000	0.000	
		0.0		0	FLA	4		0.000		
20:1 22:1 undifferentiated				0		4			0.000	
		0.0	00	U	FLA	4		0.000	0.000	
24:1 c	_	0.0	20	0		4				
Fatty acids, total polyunsaturated.		0.0			FLA			0.023	0.028	
18:2 undifferentiated		0.0		0	FLA	4		0.017	0.020	
18:3 undifferentiated	-	0.0		0	FLA	4		0.006	0.007	
18:4	•	0.0	00	0	FLA	4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated		<u>.</u> -		_						
20:4 undifferentiated		0.0		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0	FLA	4		0.000	0.000	
21:5										
22:4	-									
22:5 n-3 (DPA)		0.0		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0	FLA	4		0.000	0.000	
Fatty acids, total trans	-									
Cholesterol	_	0		0	FLA	4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 77g: 1 bar (2.5 fl oz) Measure 2 = 92g: 1 bar (3 fl oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 gram	s or ean	ne portic	<u>)11</u>	Amount in edible portion of common			
			Num be	r			m	easures of fo	od_	
				-	Source	Confidence				
Nutrients and Un	ito	Mean Sto	d. Error Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Weari St	J. [] 101 1011tt	Jour	Jouc	Oouc	weasure i	wedsure 2	weasure.	
Proximates:										
Water	g	43.10	1		1		23.27			
Energy	kcal	323	1	NC	4		174			
Energy	kJ	1351	1	NC	4		730			
Protein	g	4.40	1		1		2.38			
Total lipid (fat)	g	20.20	1		1		10.91			
Ash	g	1.19	0	BFZN	4		0.64			
Carbohydrate, by difference	g	30.90	0		4		16.69			
Fiber, total dietary	g	0.6	0		4		0.3			
Sugars, total	g	30.00	0	0	4		16.20			
Starch	g									
Minorola										
Minerals:	m.c	252	_				125			
Calcium, Ca	-	252	1		1 1		136			
Iron, Fe		0.72 29	1		1		0.39 16			
Phosphorus, P	-	114	1		1		62			
Potassium, K		238	1		1		129			
Sodium, Na	-	92	1		1		50			
Zinc, Zn	-	0.63	0		4		0.34			
Copper, Cu	-	0.128	0		4		0.069			
Manganese, Mn										
Selenium, Se		2.4	0	BFZN	4		1.3			
•										
Vitamins:			_							
Vitamin C, total ascorbic acid	-	0.7	0		4		0.4			
Thiamin	-	0.040	1		1		0.022			
Riboflavin	-	0.180	1		1		0.097			
Niacin	-	0.960	1		1		0.518			
Pantothenic acid	-	0.220	•		4		0 110			
Vitamin B-6	-	0.220 11	0		4 4		0.119 6			
Folate, total		0	0	BFZN	4		0			
Folate, food		11	0	DF ZN	4		6			
Folate, DFE		11	0	NC	4		6			
Choline, total		29.7	0	BFZN	4		16.0			
Betaine		25.7	·	21 211	•		10.0			
Vitamin B-12	-	0.38	0		4		0.21			
Vitamin B-12, added		0.00	0	BFZN	4		0.00			
Vitamin A, RAE		48	0	NC	4		26			
Retinol		44	0	0	4		24			
Carotene, beta		44	0	BFZN	4		24			
Carotene, alpha		0	0	BFZN	4		0			
Cryptoxanthin, beta		0	0	BFZN	4		0			
Vitamin A, IU		220	0	NC	4		119			
Lycopene		0	0	BFZN	4		0			
Lutein + zeaxanthin	µg	0	0	BFZN	4		0			
Vitamin E (alpha-tocopherol)		0.42	0	BFZN	4		0.23			
Vitamin E, added		0.00	0	BFZN	4		0.00			
Tocopherol, beta	g									
Tocopherol, gamma	g									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.2	0	BFZN	4		0.1			
Vitamin D		7	0	BFZN	4		4			
Vitamin K (phylloquinone)		1.3	0	BFZN	4		0.7			
Dihydrophylloquinone	µg									

	Amount in	100 grams of edi	ible portion	Amount in e	edible portion	of common
		Nh h. a. u			easures of fo	
		Number		_	0404100 01 10	
Nutrients and Units	Mean Std. Er	of Data Deriv ror Points Code	Source Confider Code Code	Measure 1	Measure 2	Measure 3
Lipids:						
Fatty acids, total saturated	12.658	0	4	6.835		
4:0g	0.271	0	4	0.146		
6:0g	0.199	0	4	0.107		
8:0g	0.557	0	4	0.301		
10:0g	0.631	0	4	0.341		
12:0g	3.244	0	4	1.752		
13:0g						
14:0g	2.052	0	4	1.108		
15:0g						
16:0g	3.654	0	4	1.973		
17:0g						
18:0g	1.824	0	4	0.985		
20:0g						
22:0g						
24:0g						
Fatty acids, total monounsaturated	4.977	0	4	2.688		
14:19						
15:1g						
16:1 undifferentiatedg	0.186	0	4	0.100		
17:1g						
18:1 undifferentiatedg	4.626	0	4	2.498		
20:1g	0.041	0	4	0.022		
22:1 undifferentiatedg	0.000	0	4	0.000		
24:1 cg						
Fatty acids, total polyunsaturated	1.469	0	4	0.793		
18:2 undifferentiatedg	1.345	0	4	0.726		
18:3 undifferentiatedg	0.124	0	4	0.067		
18:4g	0.000	0	4	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg						
20:4 undifferentiatedg	0.000	0	4	0.000		
20:5 n-3 (EPA)g	0.000	0	4	0.000		
21:5g						
22:4g						
22:5 n-3 (DPA)g	0.000	0	4	0.000		
22:6 n-3 (DHA)g	0.000	0	4	0.000		
Fatty acids, total transg						
Cholesterolmg	1	0	4	1		
Phytosterolsmg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0		
Caffeinemg	3	0 BFZN		2		
Theobrominemg	32	0 BFZN	I 4	17		

Common Measures:

Measure 1 = 54g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		All	ount in 10	o grams	or ean	ole por ti	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	59.3	0	1		1					
Water		185	U	1		1					
Energy				1		1					
Energy		774	0	1		1					
Protein	-	4.3									
Total lipid (fat)	-	6.0		1	== 0	1					
Ash	-	0.7		•	FLC	4					
Carbohydrate, by difference		29.4		0	NC	4					
Fiber, total dietary		0.3		0	FLC	4					
Sugars, total		20.7	4	0	FLC	4					
Starch	g										
Minerals:											
Calcium, Ca	mg	120		1		1					
Iron, Fe	mg	0.2	5	1		1					
Magnesium, Mg	mg	19		1		1					
Phosphorus, P	mg	131		1		1					
Potassium, K	mg	211		1		1					
Sodium, Na	<u>mg</u>	95		1		1					
Zinc, Zn	mg	0.5	4	1		1					
Copper, Cu	mg	0.0	60	1		1					
Manganese, Mn	mg	0.0	11	0	FLC	4					
Selenium, Se	µg	2.0		0	FLC	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.8		1		1					
Thiamin	-	0.0	40	1		1					
Riboflavin	-	0.1		1		1					
Niacin	-	0.6		1		1					
Pantothenic acid	-	0.3	48	0	FLC	4					
Vitamin B-6	-	0.0	50	1		1					
Folate, total	-	5		0	FLC	4					
Folic acid		0		0	FLC	4					
Folate, food		5		0	FLC	4					
Folate, DFE		5		0	NC	4					
Choline, total		12.3		0	NR	4					
Betaine	-										
Vitamin B-12		0.3	9	1		1					
Vitamin B-12, added		0.0	0	0	Z	7					
Vitamin A, RAE	µg	131		0	NC	4					
Retinol		130		0	FLC	4					
Carotene, beta	· -	16		0	FLC	4					
Carotene, alpha		0		0	FLC	4					
Cryptoxanthin, beta		0		0	FLC	4					
Vitamin A, IU		458		0	NC	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin		0		0	FLC	4					
Vitamin E (alpha-tocopherol)		0.1	2	0	FLC	4					
Vitamin E, added		0.0	0	0	z	7					
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)		0.1		0	AS	1					
Vitamin D		4		0	BFFN	4					
Vitamin K (phylloquinone)		0.3		0	FLC	4					
Dihydrophylloquinone											
Menaquinone-4											

Nutrients and Units			<u>Ar</u>	<u>noun</u>	t in 10	0 grams	of edil	ole portic	<u>on</u>		dible portion o	
Nutrients and Units						Num ber				<u>m</u>	easures of foo	<u>od</u>
Funds Color Colo						of Data	Deriv	Source	Confidence			
Fatly acids, total strutted	Nutrients and Units	3	Mean	Std.	. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatly acids, total strutted												
4-0	Lipids:											
60	Fatty acids, total saturated	g	3.0	90		0		4				
80	4:0	g	0.0	000		0		4				
100	6:0	g	0.0	92		0		4				
12-0	8:0	g	0.0)57		0		4				
13-0	10:0	g	0.1	L13		0		4				
14-0	12:0	g	0.3	338		0		4				
15-0	13:0	g										
160	14:0	g	0.4	151		0		4				
170	15:0	g										
18-0	16:0	g	1.2	267		0		4				
20:0	17:0	g										
22:0		-	0.6	554		0		4				
24:0	20:0	g										
Fatty acids, total monounsaturated. 9 1.872 0 4 14:1		-										
14:1		-										
15:1	•	-	1.8	372		0		4				
16:1 undifferentiated												
17:1		-										
18:1 undifferentiated			0.1	L10		0		4				
20:1		-										
22:1 undifferentiated						-						
24:1 c						-		_				
Fatty acids, total polyunsaturated 9 0.663 0 4 18:2 undifferentiated 9 0.576 0 4 18:3 undifferentiated 9 0.063 0 4 18:4 9 0.000 0 4 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.024 0 4 20:5 n-3 (EPA) 9 0.000 0 4 21:5 9 22:4 9 22:5 n-3 (DPA) 9 0.000 0 4 22:6 n-3 (DHA) 9 0.000 0 4 Fatty acids, total trans 9 Cholesterol mg 13 1 1 Phytosterols mg		•	0.0	000		0		4				
18:2 undifferentiated		_										
18:3 undifferentiated												
18:4						-		_				
20:2 n-6 c,c		-				-						
20:3 undifferentiated		-	0.0	000		U		4				
20:4 undifferentiated	· · · · · · · · · · · · · · · · · · ·	-										
20:5 n-3 (EPA)			0 (124		0		4				
21:5												
22:4			0.0	,00		U		4				
22:5 n-3 (DPA)												
22:6 n-3 (DHA) g 0.000 0 4 Fatty acids, total trans g Cholesterol mg 13 1 1 Phytosterols mg Others:		-	0 (000		0		4				
Fatty acids, total trans												
Cholesterol			•••			Ū		-				
Phytosterolsmg Others:			13			1		1				
Others:		_				_		_				
	•	······ J										
Alcohol ethyl	Alcohol, ethyl	a	0.0)		0	FLC	4				
Caffeinemg 0 0 FLC 4	, ,	-		•								
Theobrominemg 2 0 FLC 4												

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated

		Amount	in 100 grams	or eun	ne portio	<u>'11</u>	Amount in edible portion of common		
			Number	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Un	nite	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure
Nathents and on	iito	Mean ota.	3101				Wedsure 1	measure 2	Measure
Proximates:									
Water	g	56.20	1		1		43.84		
Energy		221	0	NC	4		172		
Energy	kJ	924	0	NC	4		721		
Protein (N x 6.25)	g	6.40	1		1		4.99		
Total lipid (fat)	g	10.10	1		1		7.88		
Ash		1.19	0	FLC	4		0.92		
Carbohydrate, by difference	-	26.11	0	NC	4		20.37		
Fiber, total dietary		0.8	0	FLC	4		0.6		
Sugars, total		8.52	0	T	4		6.65		
Starch									
Staron	9								
Minerals:									
Calcium, Ca	<u>m</u> g	222	1		1		173		
Iron, Fe	_	0.29	1		1		0.23		
Magnesium, Mg		28	1		1		22		
Phosphorus, P		173	1		1		135		
Potassium, K	-	305	1		1		238		
Sodium, Na	_	104	1		1		81		
Zinc, Zn	_	0.82	1		1		0.64		
Copper, Cu		0.076	1		1		0.059		
Manganese, Mn	_	0.078	0	FLC	4		0.061		
Selenium, Se	µg	2.4	0	FLC	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0		4		0.0		
Thiamin	-	0.062	0	FLC	4		0.048		
Riboflavin		0.261	0	FLC	4		0.204		
Niacin	_	0.175	0	FLC	4		0.136		
Pantothenic acid	_	0.479	0	FLC	4		0.373		
Vitamin B-6	-	0.043	0	FLC	4		0.034		
Folate, total	_	7	0	FLC	4		6		
Folic acid		0	0	FLC	4		0		
Folate, food		7	0	FLC	4		6		
Folate, DFE		7	0	NC	4		6		
Choline, total		29.7	0	0	4		23.2		
Betaine	_		· ·	·	-		-51-		
Vitamin B-12		0.49	0	FLC	4		0.38		
Vitamin B-12, added		0.00	0	FLC	4		0.00		
Vitamin A, RAE		19	0	NC	4		15		
Retinol		15	0	T	4		12		
Carotene, beta		44	0	T	4		34		
Carotene, alpha		0	0	FLC	4		0		
Cryptoxanthin, beta		0	0	FLC	4		0		
Vitamin A, IU		123	0	NC	4		96		
Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin		0	0	FLC	4		0		
Vitamin E (alpha-tocopherol)		0.42	0	FLC	4		0.33		
Vitamin E (aipha-tocopheror)		0.00	0	FLC	4		0.00		
Tocopherol, beta	_	0.00	J	- 110	•		0.00		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	_								
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.2	0	AS	1		0.1		
Vitamin D		7	0	BFFN	4		6		
Vitamin D Vitamin K (phylloquinone)		1.3	0	FLC	4		1.0		
		1.3	3	FIIC	-1		1.0		
Dihydrophylloquinone Menaquinone-4									

	Amount in			ble portion		Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Erı	Number of Data or Points	Deriv	Source Confider Code Code	_	Measure 2	Measure 3	
<u>Lipids:</u>								
Fatty acids, total saturatedg	5.528	0		4	4.312			
4:0g	0.075	0		4	0.059			
6:0g	0.063	0		4	0.049			
8:0g	0.259	0		4	0.202			
10:0g	0.245	0		4	0.191			
12:0g	1.453	0		4	1.133			
13:0g	0.000	0	FLC	4	0.000			
14:0g	0.761	0		4	0.594			
15:0g	0.014	0	FLC	4	0.011			
16:0g	1.567	0		4	1.222			
17:0g	0.013	0	FLC	4	0.010			
18:0g	1.042	0		4	0.813			
20:0g	0.035	0	FLC	4	0.027			
22:0g	0.004	0	FLC	4	0.003			
24:0g	0.000	0	FLC	4	0.000			
Fatty acids, total monounsaturatedg	2.700	0		4	2.106			
14:1g	0.006	0	FLC	4	0.005			
15:1g	0.000	0	FLC	4	0.000			
16:1 undifferentiatedg	0.067	0		4	0.052			
17:1g	0.002	0	FLC	4	0.001			
18:1 undifferentiatedg	2.594	0		4	2.023			
20:1g	0.000	0		4	0.000			
22:1 undifferentiatedg	0.000	0		4	0.000			
24:1 cg	0.000	0	FLC	4	0.000			
Fatty acids, total polyunsaturatedg	1.359	0		4	1.060			
18:2 undifferentiated	1.239	0		4	0.966			
18:3 undifferentiatedg	0.118	0		4	0.092			
18:4g	0.000	0		4	0.000			
20:2 n-6 c,cg	0.000	0	FLC	4	0.000			
20:3 undifferentiatedg	0.000	0	FLC	4	0.000			
20:4 undifferentiatedg	0.000	0		4	0.000			
20:5 n-3 (EPA)g	0.000	0		4	0.000			
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0		4	0.000			
22:6 n-3 (DHA)g	0.000	0		4	0.000			
Fatty acids, total transg								
Cholesterolmg	10	0		4	8			
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4	0.0			
Caffeinemg	3	0	FLC	4	2			
Theobrominemg	32	0	FLC	4	25			

Common Measures:

Measure 1 = 78g: 1 bar

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	0 grams	of edil	ble portioi	<u>1</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source C	onfidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nuti lents and on	iiis	Wiean	3tu. 🗀 101	. 0				Weasure i	Wedsure 2	Weasure
Proximates:										
Water	g	93.2	0	0		4		47.53		
Energy	kcal	24		0		4		12		
Energy		100		0		4		51		
Protein (N x 5.6)		0.5	0	0		4		0.26		
Total lipid (fat)		0.1	0	0		4		0.05		
Ash		0.1		0		4		0.05		
Carbohydrate, by difference		6.2		0	NC	4		3.16		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total		0.0		·		-		0.0		
Starch										
Starcii	y									
Minerals:_										
Calcium, Ca	mg	2		0		4		1		
Iron, Fe	_	0.1	3	0		4		0.07		
Magnesium, Mg	mg	2		1		4		1		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	26		0		4		13		
Sodium, Na	mg	5		0		4		3		
Zinc, Zn	mg	0.0	4	1		4		0.02		
Copper, Cu	mg	0.0	17	1		4		0.009		
Manganese, Mn	mg	0.0	21	1		4		0.011		
Selenium, Se	µg	0.2		0	FLA	4		0.1		
57°4										
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0		
Thiamin	_	0.0		0		4		0.000		
Riboflavin	_	0.0		0		4		0.000		
Niacin	_	0.1		0		4		0.077		
Pantothenic acid	_	0.0		0		4		0.000		
Vitamin B-6	_	0.0	00	0		4		0.000		
Folate, total		0		0		4		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		0		4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total										
Betaine	_									
Vitamin B-12	µg	0.0	0	0		4		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU	<u>I</u> U	1		0		4		1		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone										
Menaquinone-4										

Lipids:

	Amount in 10	00 grams of ed	ible portion	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Erro	of Data Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	0.000	0	4	0.000		
Fatty acids, total polyunsaturated	0	0	4	0		

Common Measures:

Measure 1 = 51g: 1 bar

Calories Factors: Protein 3.9 Fat 9 Carbohydrate 3.5

Food Group: 19 Sweets

Refuse:0%

Lipids:

		<u>An</u>	ount in 100	grams	ot edik	ole portion			dible portion	
				Num ber				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source Co	onfidence			
Nutrients and U	J nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates: Water	9	86.4	0	2	A	1		25.06	100.22	
	-	53	· ·	0	NC	4		15	61	
Energy					NC			64		
Energy		222	_	0	_	4			257	
Protein (N x 6.25)		0.0		2	A	1		0.01	0.03	
Total lipid (fat)		0.0		2	A	1		0.01	0.02	
Ash	_	0.0		2	A	1		0.01	0.06	
Carbohydrate, by difference		13.5		0	NC	4		3.92	15.66	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		2	A	1		0	1	
Iron, Fe	mg	0.0	9	2	A	1		0.03	0.10	
Magnesium, Mg	mg	0		2	A	1		0	0	
Phosphorus, P	mg	0		2	A	1		0	0	
Potassium, K	mg	6		2	A	1		2	7	
Sodium, Na	mg	4		2	A	1		1	5	
Zinc, Zn	mg	0.0	3	2	A	1		0.01	0.03	
Copper, Cu	mg	0.0	10	0	BFZN	4		0.003	0.012	
Manganese, Mn		0.0	20	0	BFZN	4		0.006	0.023	
Selenium, Se		0.1		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1	0.6	
Thiamin	-	0.0	05	2	A	1		0.001	0.006	
Riboflavin		0.0		2	A	1		0.003	0.012	
Niacin	_	0.7	15	2	A	1		0.207	0.829	
Pantothenic acid	=	0.0		2	A	1		0.001	0.006	
Vitamin B-6	-	0.0		2	A	1		0.001	0.002	
Folate, total	=	5		2	A	1		1	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		2	A	1		1	6	
Folate, DFE		5		0	NC	4		1	6	
Choline, total		3		Ū	110	-		-	· ·	
Betaine	-									
Vitamin B-12	-	0.0	0	0	z	7		0.00	0.00	
Vitamin A. RAE		0.0	· ·	U	4	,		0.00	0.00	
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta		167		•	NG.	4		40	104	
Vitamin A, IU		167		0	NC	4		48	194	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	1. 7									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									
Menaquinone-4	ua									

	<u>Am</u>	ount in 10		Amount in edible portion of common measures of food					
			Number				<u> </u>	easures or roc	<u>u</u>
						onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg	0.00	00	0	BFZN	4		0.000	0.000	
4:0g	0.00	00	0	BFZN	4		0.000	0.000	
6:0g	0.00	00	0	BFZN	4		0.000	0.000	
8:0g	0.00	00	0	BFZN	4		0.000	0.000	
10:0g	0.00	00	0	BFZN	4		0.000	0.000	
12:0g	0.00	00	0	BFZN	4		0.000	0.000	
13:0g									
14:0g	0.00	00	0	BFZN	4		0.000	0.000	
15:0g									
16:0g	0.00	00	0	BFZN	4		0.000	0.000	
17:0g									
18:0g	0.00	00	0	BFZN	4		0.000	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.00	00	0	BFZN	4		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.00	00	0	BFZN	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.00	00	0	BFZN	4		0.000	0.000	
20:1g	0.00	00	0	BFZN	4		0.000	0.000	
22:1 undifferentiatedg	0.00	00	0	BFZN	4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturatedg	0.00	00	0	BFZN	4		0.000	0.000	
18:2 undifferentiatedg	0.00		0	BFZN	4		0.000	0.000	
18:3 undifferentiated	0.00		0	BFZN	4		0.000	0.000	
18:4g	0.00		0	BFZN	4		0.000	0.000	
20:2 n-6 c,cg			•	22 211	-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.00	00	0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)	0.00		0	BFZN	4		0.000	0.000	
21:5			•	22 211	-		0.000	0.000	
22:4g									
22:5 n-3 (DPA)g	0.00	00	0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)g	0.00		0	BFZN	4		0.000	0.000	
Fatty acids, total transg	0.00		ŭ		-		0.000	0.000	
Cholesterolmg	0		0	z	7		0	0	
Phytosterols mg	J		Ū	4	•		•	J	
•									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg									
Theobrominemg									

Common Measures:

Measure 1 = 29.0g: 1 fl oz Measure 2 = 116g: .5 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 19 Sweets

		Am	ount in 10	u gram s	ot edil	oie portio	<u>on</u>	Amount in edible portion of common		
				Number				m	easures of fo	od_
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	а	66.9	0	1		4		66.23		
Energy		128	•	0	NC	4		127		
		536		0	NC	4		530		
Energy		0.4	0	1		4		0.40		
Protein (N x 6.25)										
Total lipid (fat)	_	0.0		1	_	4		0.00		
Ash	_	0.0		0	T	4		0.03		
Carbohydrate, by difference		32.6		0	NC	4		32.27		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total		32.6	0	0	NR	4		32.27		
Starch	g									
Minerals:										
Calcium, Ca	ma	2		1		4		2		
Iron, Fe	_	0.1	.6	1		4		0.16		
Magnesium, Mg	_	1	-	1		4		1		
Phosphorus, P		1		1		4		1		
Potassium, K		3		1		4		3		
Sodium, Na	_	22		1		4		22		
Zinc, Zn	_	0.0	2	1		4		0.02		
Copper, Cu	_	0.0		1		4		0.013		
Manganese, Mn		0.0		1		4		0.020		
Selenium. Se		0.1		0	BFPN	4		0.1		
,,										
Vitamins:				_						
Vitamin C, total ascorbic acid	_	1.0		1		4		1.0		
Thiamin	_	0.0		1		4		0.001		
Riboflavin	_	0.0		1		4		0.000		
Niacin	_	0.0		1		4		0.007		
Pantothenic acid	_	0.0		1		4		0.003		
Vitamin B-6	_	0.0	01	1		4		0.001		
Folate, total		0		1		4		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		1		4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total	_	4.0		0	0	4		4.0		
Betaine										
Vitamin B-12		0.0		1		4		0.00		
Vitamin B-12, added		0.0	0	0	Z	7		0.00		
Vitamin A, RAE		0		0	AS	1		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU		0		1		4		0		
Lycopene		0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.0		0	Z	7		0.00		
Vitamin E, added	mg	0.0	0	0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0		
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 10	0 grams	of edi	Amount in edible portion of common measures of food				
			Number	•			<u>m</u>	easures of foo	<u>oa</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.00	0	0		7		0.000		
4:0g	0.00		0		4		0.000		
6:0g	0.00	0	0		4		0.000		
8:0g	0.00	0	0		4		0.000		
10:0g	0.00		0		4		0.000		
12:0g	0.00	0	0		4		0.000		
13:0g									
14:0g	0.00	0	0		4		0.000		
15:0g									
16:0g	0.00	0	0		4		0.000		
17:0g									
18:0g	0.00	0	0		4		0.000		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.00	0	0		7		0.000		
14:1g									
15:1g									
16:1 undifferentiated	0.00	0	0		4		0.000		
17:1g									
18:1 undifferentiated	0.00	0	0		4		0.000		
20:1g	0.00	0	0		4		0.000		
22:1 undifferentiatedg	0.00	0	0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.00	0	0		7		0.000		
18:2 undifferentiated	0.00	0	0		4		0.000		
18:3 undifferentiatedg	0.00	0	0		4		0.000		
18:4g	0.00	0	0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	0	0		4		0.000		
20:5 n-3 (EPA)g	0.00	0	0		4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0		4		0.000		
22:6 n-3 (DHA)g	0.00	0	0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		1		4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 19 Sweets

Refuse:0%

Lipids:

		Am	ount in 10	u gram s	ot edi	ole porti	<u>on</u>	Amount in edible portion of common		
				Num ber					easures of fo	
						Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	ď	73.3	0	1		1		72.57		
Energy	_	113	•	0		4		112		
Energy		473		0		4		468		
		0.0	0	1		1		0.00		
Protein (N x 6.25)				1		1		2.57		
Total lipid (fat)		2.6		1		1				
Ash	-	0.2		_		_		0.20		
Carbohydrate, by difference		23.9		0		4		23.66		
Fiber, total dietary		0.7		0	RC	4		0.7		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	-	0		1		1		0		
Iron, Fe		3.5	3	1		1		3.49		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	5		0		4		5		
Phosphorus, P		9		0		4		9		
Potassium, K	-	17		0		4		17		
Sodium, Na		35		1		1		35		
Zinc, Zn		0.1		0		4		0.11		
Copper, Cu		0.0		0		4		0.044		
Manganese, Mn	-	0.1	61	0		4		0.159		
Selenium, Se	µg	0.9		0	FLA	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	-	13.2		1		1		13.1		
Thiamin	-	0.0		0		4		0.006		
Riboflavin	-	0.0		0		4		0.005		
Niacin	mg	0.0		0		4		0.034		
Pantothenic acid	-	0.0		0		4		0.039		
Vitamin B-6	_	0.0	16	0		4		0.016		
Folate, total		1		0		4		1		
Folic acid		0		0	Z	7		0		
Folate, food		1		0		4		1		
Folate, DFE		1		0	NC	4		1		
Choline, total	-									
Betaine			_							
Vitamin B-12		0.0	0	0		4		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		1		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	ua									

	Amount in 10	0 grams o		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Error			Source Confidenc Code Code	e Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg	2.304 0.111	0	FLA FLA	4 4	2.281 0.110		
Fatty acids, total polyunsaturated	0.029	0	FLA	1	0.029		

Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Am ot</u>	Amount in edible portion of common							
			Nur	n be	-				easures of fo	
						Source C	onfidence			
Nutrients and Un	ite	Mean Si	td. Error Po				Code	Measure 1	Measure 2	Measure
Nutrients and on	แร	Weari S	id. Eror is	,to	Jouc	Oouc	ooue	Weasure i	weasure 2	weasure .
Proximates:										
Water		80.49	0.152		A	1		41.85		
Energy		79		0	NC	4		41		
Energy	kJ	331		0	NC	4		172		
Protein (N x 6.25)	g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)	_	0.24	0.056	3	A	1		0.12		
Ash	-	0.05	0.009	3	A	1		0.02		
Carbohydrate, by difference		19.23		0	NC	4		10.00		
Fiber, total dietary		0.0	0.000		A	1		0.0		
Sugars, total	g	13.66		0	NR	4		7.10		
Sucrose		6.28	0.035		A	1		3.26		
Glucose (dextrose)		3.96	0.023	3	A	1		2.06		
Fructose	g	2.72	0.018	3	A	1		1.41		
Lactose		0.00	0.000	3	A	1		0.00		
Maltose	g	0.71	0.012	3	A	1		0.37		
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	ma	0	0.000	3	A	1		0		
Iron, Fe	_	0.54	0.151	3	A	1		0.28		
Magnesium, Mg		1	0.023	3	A	1		1		
Phosphorus, P		0	0.000	3	A	1		0		
Potassium, K		15	3.863	3	A	1		8		
Sodium, Na	_	7	0.088	3	A	1		4		
Zinc, Zn	_	0.15		2	A	1		0.08		
Copper, Cu		0.000	0.000	3	A	1		0.000		
Manganese, Mn		0.000	0.000	3	A	1		0.000		
Selenium, Se	µg	0.2	0.167	18	A	1		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7	0.278	3	A	1		0.4		
Thiamin	_	0.000	01270	1		4		0.000		
Riboflavin	_	0.000		1		4		0.000		
Niacin	•	0.000		1		4		0.000		
Pantothenic acid	_	0.001		0	FLA	4		0.000		
Vitamin B-6	•	0.000		0	FLA	4		0.000		
Folate, total	_	0		0	FLA	4		0		
Folic acid		0		0	FLA	4		0		
Folate, food		0		0	FLA	4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total		0.0		0	z	7		0.0		
Betaine										
Vitamin B-12	µg	0.00		0	FLA	4		0.00		
Vitamin B-12, added		0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	0		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Carotene, beta		0		0	FLA	4		0		
Carotene, alpha		0		0	FLA	4		0		
Cryptoxanthin, beta		0		0	FLA	4		0		
Vitamin A, IU		0		0	FLA	4		0		
Lycopene		0		0	FLA	4		0		
Lutein + zeaxanthin		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00		
Vitamin E, added		0.00		0	FLA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										

	Amount in 100 grams of edible portion							Amount in edible portion of common measures of food		
			Number	•			<u>m</u>	easures of too	<u>5a</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, deltamg			•	_	-		0.0			
Vitamin D (D2 + D3)	0.0	'	0	Z	7		0.0			
Vitamin DlU	0		0	Z	7		0			
Vitamin K (phylloquinone)µg	0.0)	1	A	1		0.0			
Dihydrophylloquinoneµg										
Menaquinone-4µg										
Lipids:										
Fatty acids, total saturatedg	0.0	13	0	FLA	4		0.007			
4:0g	0.0	00	0	FLA	4		0.000			
6:0g	0.0	00	0	FLA	4		0.000			
8:0g	0.0		0	FLA	4		0.000			
10:0g	0.0		0	FLA	4		0.000			
12:0	0.0		0	FLA	4		0.000			
13:0	0.0		·		-		0.000			
14:0g	0.0	.00	0	FLA	4		0.000			
	0.0	.00	Ū	FUA	-		0.000			
15:0g	0.0	112	•	TT 3	4		0 007			
16:0g	0.0	113	0	FLA	4		0.007			
17:0g		.00	•							
18:0g	0.0	100	0	FLA	4		0.000			
20:0g										
22:0g										
24:0g										
Fatty acids, total monounsaturatedg	0.0	51	0	FLA	4		0.027			
14:1g										
15:1g										
16:1 undifferentiatedg	0.0	00	0	FLA	4		0.000			
17:1g										
18:1 undifferentiatedg	0.0	51	0	FLA	4		0.027			
20:1g	0.0	00	0	FLA	4		0.000			
22:1 undifferentiatedg	0.0	00	0	FLA	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	0.0	16	0	FLA	4		0.008			
18:2 undifferentiatedg	0.0	15	0	FLA	4		0.008			
18:3 undifferentiatedg	0.0	00	0	FLA	4		0.000			
18:4g	0.0	00	0	FLA	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.0	00	0	FLA	4		0.000			
20:5 n-3 (EPA)	0.0		0	FLA	4		0.000			
21:5g	0.0	.00	Ū	FIIA	-		0.000			
22:4g										
	0.0	.00	0	FLA	4		0.000			
22:5 n-3 (DPA)g	0.0		0	FLA	4		0.000			
22:6 n-3 (DHA)g	0.0		U	ъпА	*		0.000			
Fatty acids, total transg	0		0	7 7 7	4		^			
Cholesterolmg	U		U	FLA	4		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0)	0	Z	7		0.0			
Caffeinemg	0		0	FLA	4		0			
Theobrominemg	0		0	FLA	4		0			

Common Measures:

Measure 1 = 52g: 1 serving 1.75 fl oz pop

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Frozen novelties, ice type, pop

Food Group: 19 Sweets

		<u>Am our</u>	nt in 100 gra		Amount in edible portion of common measures of food					
Nutrients and Un	its	Mean Std	Num of D I. Error Poi	Data			Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		04.03		•	_	-		F1 B1		
Water Energy	_	94.03 24		2 0	A NC	1 4		51.71 13		
Energy		99		0	NC	4		54		
Protein (N x 6.25)		0.00	0.000	3	A	1		0.00		
Total lipid (fat)		0.00	0.000	1	MC	9		0.00		
Ash	-	0.06	0.012	3	A	1		0.03		
Carbohydrate, by difference		5.92	0.012	0	NC	4		3.26		
Fiber, total dietary		0.0	0.000	3	A	1		0.0		
Sugars, total		1.52	0.000	0	NR	4		0.84		
=		0.70	0.015	3	A	1		0.39		
Sucrose		0.47	0.025	3	A	1		0.26		
Glucose (dextrose)		0.34	0.025	3	A	1		0.26		
Fructose		0.00	0.000	3	A	1		0.00		
Lactose		0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	_		0.00		
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.000	3	A	1		0		
Iron, Fe	mg	0.67	0.270	3	A	1		0.37		
Magnesium, Mg	mg	1	0.074	3	A	1		0		
Phosphorus, P	mg	0	0.000	3	A	1		0		
Potassium, K	<u>mg</u>	11	2.968	3	A	1		6		
Sodium, Na	<u>mg</u>	10	2.238	3	A	1		5		
Zinc, Zn	mg	0.47	0.215	3	A	1		0.26		
Copper, Cu	mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn		0.000	0.000	3	A	1		0.000		
Selenium, Se	µg	0.0		0	FLA	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4	0.353	3	A	1		5.7		
Thiamin	mg	0.000		0	FLA	4		0.000		
Riboflavin	mg	0.000		0	FLA	4		0.000		
Niacin	mg	0.000		0	FLA	4		0.000		
Pantothenic acid	mg	0.000		0	FLA	4		0.000		
Vitamin B-6	mg	0.000		0	FLA	4		0.000		
Folate, total	µg	0		0	FLA	4		0		
Folic acid	µg	0		0	FLA	4		0		
Folate, food		0		0	FLA	4		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total		0.0		0	Z	7		0.0		
Betaine	_									
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin B-12, added		0.00		0	FLA	4		0.00		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Carotene, beta		0		0	FLA	4		0		
Carotene, alpha		0		0	FLA	4		0		
Cryptoxanthin, beta		0		0 1	FLA MC	4 9		0		
Vitamin A, IU		0		0	FLA	4		0		
LycopeneLutein + zeaxanthin		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	FLA	4		0.00		
Tocopherol, beta	_			-		-		5.00		
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										

	Amount in 1	00 grams Numbei	Amount in edible portion of common measures of food					
				Source (Confidence			
Nutrients and Units	Mean Std. Erro			Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltag								
Vitamin D (D2 + D3)µg	0.0	0	Z	7		0.0		
Vitamin DU	0	0	Z	7		0		
Vitamin K (phylloquinone)µg	0.0	0	BFSN	4		0.0		
Dihydrophylloquinoneµg								
Menaquinone-4µg								
Lipids:								
Fatty acids, total saturatedg	0.000	1	MC	9		0.000		
4:0g	0.000	0	FLA	4		0.000		
6:0g	0.000	0	FLA	4		0.000		
8:0g	0.000	0	FLA	4		0.000		
10:0g	0.000	0	FLA	4		0.000		
12:0g	0.000	0	FLA	4		0.000		
13:0g	3.000	•		-		0.000		
14:0g	0.000	0		4		0.000		
15:0	0.000	·		-		0.000		
15:0g 16:0g	0.000	0	NR	4		0.000		
	0.000	U	MK	4		0.000		
17:0g 18:0g	0.000	0	NR	4		0.000		
	0.000	U	MK	4		0.000		
20:0g								
22:0g								
24:0g	0.000	•				0.000		
Fatty acids, total monounsaturatedg	0.000	0	NR	4		0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000		
17:1g								
18:1 undifferentiatedg	0.000	0	NR	4		0.000		
20:1g	0.000	0	FLA	4		0.000		
22:1 undifferentiatedg	0.000	0	FLA	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0	NR	4		0.000		
18:2 undifferentiatedg	0.000	0	NR	4		0.000		
18:3 undifferentiatedg	0.000	0		4		0.000		
18:4g	0.000	0	FLA	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLA	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLA	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLA	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	1	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0		
Caffeinemg	0	0	FLA	4		0		
Theobrominemg	0	0	FLA	4		0		

Common Measures:

Measure 1 = 55g: 1 serving 1.75 fl oz pop

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Frozen novelties, ice type, pop, with low calorie sweetener

Food Group: 19 Sweets

NDB No. 19873
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

Good Humor - Breyers Ice Cream

Refuse:0%

		Amo	ount in 100 gr			ble portic	<u>on</u>		edible portion	
				n be r		_		<u>m</u>	easures of fo	<u>ou</u>
						Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	94.03		2	A	1		51.71		
Energy		21		1	NC	4		11		
Energy		86		0	NC	4		47		
Protein (N x 6.25)		0.00	0.000	3	A	1		0.00		
Total lipid (fat)	g	0.00		1	MC	9		0.00		
Ash	g	0.06	0.012	3	A	1		0.03		
Carbohydrate, by difference	g	5.14		1	MC	9		2.83		
Fiber, total dietary	g	0.0	0.000	3	A	1		0.0		
Sugars, total	g	1.52		0	NR	4		0.83		
Sucrose	g	0.70	0.015	3	A	1		0.39		
Glucose (dextrose)		0.47		3	A	1		0.26		
Fructose	g	0.34		3	A	1		0.19		
Lactose		0.00		3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	-	0	0.000	3	A	1		0		
Iron, Fe		0.67		3	A	1		0.37		
Magnesium, Mg		1	0.074	3	A	1		0		
Phosphorus, P		0	0.000	3	A	1		0		
Potassium, K		11 10	2.968 2.238	3	A A	1 1		6 5		
Sodium, NaZinc, Zn		0.47		3	A	1		0.26		
Copper, Cu		0.00		3	A	1		0.000		
Manganese, Mn		0.00		3	A	1		0.000		
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4	0.353	3	A	1		5.7		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		0		1	MC	9		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										

Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

	Number							of common
Nutrients and Units	Mean Std. Erro			Source Con Code C	fidence ode	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg	0.000	1	мс	9		0.000		
Fatty acids, total polyunsaturated	0	1	MC	9		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 serving 1.75 fl oz pop

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edi	ble porti	<u>on</u>		dible portion	
				Number	•			<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.9	6	1	A	1		26.39		
Energy	-	81		0	NC	4		27		
Energy		338		0	NC	4		112		
Protein (N x 6.25)		0.0	0	1	A	1		0.00		
Total lipid (fat)		0.2		1	A	1		0.08		
Ash	-	0.1		1	A	1		0.04		
Carbohydrate, by difference	-	19.6		0	NC	4		6.49		
Fiber, total dietary		0.0		1	A	1		0.0		
Sugars, total		14.5	7	0	NR	4		4.81		
		5.6		1	A	1		1.87		
Sucrose		4.5		1	A	1		1.49		
Glucose (dextrose)		3.7		1	A	1		1.22		
Fructose		0.00		1	A	1		0.00		
Lactose		0.6		1	A	1		0.00		
Maltose	9	0.0	,	_	A	_		0.22		
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1	A	1		2		
Iron, Fe	-	0.3	0	1	A	1		0.10		
Magnesium, Mg		3		1	A	1		1		
Phosphorus, P		2		1	A	1		1		
Potassium, K	mg	23		1	A	1		8		
Sodium, Na	mg	13		1	A	1		4		
Zinc, Zn	mg	0.0	7	1	A	1		0.02		
Copper, Cu	mg	0.0	00	1	A	1		0.000		
Manganese, Mn	mg	0.0	00	1	A	1		0.000		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.2		1	A	1		0.4		
Thiamin	-									
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total	µg									
Folate, DFE										
Choline, total	mg									
Betaine	mg									
Vitamin B-12										
Vitamin A, RAE	µg									
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D Vitamin K (phylloquinone)										
	нч									
Dihydrophylloquinone										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Frozen novelties, juice type, POPSICLE SCRIBBLERS

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Common Measures:

food, or similar food.

Measure 1 = 33g: 1 serving 1.2 fl oz pop

Nutrients and Units

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Mean

Food Group: 19 Sweets

Refuse:0%

		Amount I	n 100 grams	or ear	ole portio	<u>)11</u>		dible portion	
			Number				<u>m</u>	easures of fo	od
			of Data	Deriv	Source	Confidence			
Nutrients and Ur	nite	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure
Nutrients and or	iits	Mean Stu. L	1101				Wicasure i	Wicasule 2	Wieasure
Proximates:									
Water	g	72.57	0	FLC	4		51.53		
Energy		115	0	NC	4		81		
Energy	kJ	480	0	NC	4		341		
Protein (N x 6.25)	g	1.41	1	LC	8		1.00		
Total lipid (fat)	g	1.41	1	LC	8		1.00		
Ash	g	0.50	0	FLC	4		0.36		
Carbohydrate, by difference	g	24.11	0	NC	4		17.12		
Fiber, total dietary		0.1	0	FLM	4		0.1		
Sugars, total		20.61	0	FLM	4		14.64		
Starch									
	······································								
Minerals:_									
Calcium, Ca	_	141	1	LC	8		100		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.28	0	FLC	4		0.20		
Magnesium, Mg		9	0	FLC	4		6		
Phosphorus, P		41	0	FLC	4		29		
Potassium, K	-	120	0	FLC	4		85		
Sodium, Na	_	42	1	LC	8		30		
Zinc, Zn	_	0.27	0	FLC	4		0.19		
Copper, Cu		0.013	0	FLC	4 4		0.009 0.042		
Manganese, Mn	_	0.059	0	FLC	4				
Selenium, Se	µg	0.8	U	FLC	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid	mg	21.2	1	LC	8		15.0		
Thiamin	mg	0.025	0	FLC	4		0.018		
Riboflavin	mg	0.101	0	FLC	4		0.072		
Niacin	mg	0.151	0	FLC	4		0.107		
Pantothenic acid	mg	0.195	0	FLC	4		0.139		
Vitamin B-6	mg	0.029	0	FLC	4		0.021		
Folate, total	µg	11	0	FLC	4		7		
Folic acid	µg	0	0	FLC	4		0		
Folate, food	µg	11	0	FLC	4		7		
Folate, DFE	µg	11	0	NC	4		7		
Choline, total	_	15.6	0	T	4		11.1		
Betaine									
Vitamin B-12		0.14	0	FLM	4		0.10		
Vitamin B-12, added		0.00	0	FLM	4		0.00		
Vitamin A, RAE		19	0	NC	4		14		
Retinol		14	0	FLM	4		10		
Carotene, beta		59	0	FLM	4		42		
Carotene, alpha		0	0	FLM	4		0		
Cryptoxanthin, beta		0	0	FLM	4		0		
Vitamin A, IU		145	0	NC	4		103		
Lycopene		0	0	FLM	4		0		
Lutein + zeaxanthin		27	•	FLM	4		19		
Vitamin E (alpha-tocopherol)		0.06 0.00	0	FLM	4 4		0.04		
Vitamin E, added		0.00	U	FLM	4		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	z	7		0.0		
Vitamin D (D2 + D3)		0	0	NR	4		0.0		
Vitamin D Vitamin K (phylloquinone)		0.2	0	FLM	4		0.1		
Dihydrophylloquinone		0.2	0	Pin	-1		0.1		
	uu								

	<u>Amount ii</u>	n 100 grams Number	of edil	ble portion		Amount in edible portion of common measures of food		
						<u></u>		<u>~</u>
Nutrients and Units	Mean Std. E	of Data rror Points		Source Co Code	Code	Measure 1	Measure 2	Measure 3
T-::1								
Lipids:	0.705	1	LC	•		0 501		
Fatty acids, total saturatedg 4:0g	0.705 0.034	0	FLM	8 4		0.501 0.024		
6:0g	0.034	0	FLM	4		0.024		
8:0g	0.024	0	FLM	4		0.017		
8:0g 10:0g	0.028	0	FLM	4		0.013		
12:0g	0.031	0	FLM	4		0.020		
13:0g	0.000	0	FLM	4		0.000		
14:0g	0.113	0	FLM	4		0.081		
15:0g	0.000	0	FLM	4		0.000		
16:0	0.304	0	FLM	4		0.216		
17:0	0.000	0	FLM	4		0.000		
18:0	0.137	0	FLM	4		0.097		
20:0g	0.000	0	FLM	4		0.000		
22:0g	0.000	0	FLM	4		0.000		
24:0g	0.000	0	FLM	4		0.000		
Fatty acids, total monounsaturatedg	0.000	1	LC	8		0.000		
14:1g	0.000	0	FLM	4		0.000		
15:1g								
16:1 undifferentiated	0.000	0	FLM	4		0.000		
17:1g								
18:1 undifferentiatedg	0.000	0	FLM	4		0.000		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.000	1	LC	8		0.000		
18:2 undifferentiatedg	0.000	0	FLM	4		0.000		
18:3 undifferentiatedg	0.000	0	FLM	4		0.000		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLM	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLM	4		0.000		
Fatty acids, total transg	7	1		8		5		
Cholesterolmg Phytosterolsmg	7	1	LC	0		5		
riiyiosteroisiiig								
Others:								
Alcohol, ethylg	0.0	0	FLM	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 71g: 2.5 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>An</u>	ount in 10	0 grams	of edik	le portic	<u>on</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.1	0	1		1		22.68		
Energy		95		0	NC	4		28		
Energy	kJ	396		0	NC	4		118		
Protein (N x 6.25)		0.5	0	1		1		0.15		
Total lipid (fat)	g	0.0	0	1		1		0.00		
Ash	g	0.2	3	0	FLC	4		0.07		
Carbohydrate, by difference	g	23.1	7	0	NC	4		6.90		
Fiber, total dietary	g	0.1		0		4		0.0		
Sugars, total	g	19.9	9	0	BFCN	4		5.96		
Starch	g									
M:										
Minerals:	m.c	^		-		-		2		
Calcium, Ca	-	9 0.4	7	1 1		1 1		3 0.14		
Iron, Fe	-	0.4 8	,	1		1		0.14 2		
Magnesium, Mg Phosphorus, P		13		1		1		4		
Potassium, K		100		1		1		30		
Sodium, Na	-	8		1		1		2		
Zinc. Zn	-	0.0	2	0		4		0.01		
Copper, Cu		0.0		0		4		0.007		
Manganese, Mn		0.0	08	0	FLC	4		0.002		
Selenium, Se		0.1		0	BFPN	4		0.0		
Vitamina										
Vitamins:	m a	25.7		1		1		7.7		
Vitamin C, total ascorbic acid Thiamin	-	0.0		1		1		0.003		
Riboflavin	_	0.0		1		1		0.009		
Niacin	-	0.1		1		1		0.048		
Pantothenic acid	_	0.0		0	FLC	4		0.019		
Vitamin B-6	-	0.0		0	FLC	4		0.005		
Folate, total	_	18		0	FLC	4		5		
Folic acid		0		0	FLC	4		0		
Folate, food		18		0	FLC	4		5		
Folate, DFE		18		0	NC	4		5		
Choline, total	mg	2.9		0	0	4		0.9		
Betaine	mg									
Vitamin B-12	µg	0.0	0	0	FLC	4		0.00		
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00		
Vitamin A, RAE	µg	1		0	BFCN	4		0		
Retinol	µg	0		0	BFCN	4		0		
Carotene, beta		12		0	BFCN	4		4		
Carotene, alpha		0		0	BFCN	4		0		
Cryptoxanthin, beta		0		0	BFCN	4		0		
Vitamin A, IU		21		0	BFCN	4		6		
Lycopene		0		0	BFCN	4		0		
Lutein + zeaxanthin		39	4	0	BFCN	4		12		
Vitamin E (alpha-tocopherol)		0.0		0	NR	4		0.01		
Vitamin E, added		0.0	U	0	Z	7		0.00		
Tocopherol, gamma										
Tocopherol, gamma Tocopherol, delta										
Tocopnerol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta	_									
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0		
Vitamin D		0		0	Z	7		0		
Vitamin K (phylloquinone)		0.1		0	BFSN	4		0.0		
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 10	0 grams	of edi	ble portior	<u>1</u>	Amount in edible portion of common measures of food		
			Num ber				<u>m</u>	easures of foc	<u>oa</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.00	0	0		4		0.000		
4:0g	0.00	0	0		4		0.000		
6:0g	0.00	0	0		4		0.000		
8:0g	0.00	0	0		4		0.000		
10:0g	0.00	0	0		4		0.000		
12:0g	0.00	0	0		4		0.000		
13:0g									
14:0g	0.00	0	0		4		0.000		
15:0g									
16:0g	0.00	0	0		4		0.000		
17:0g									
18:0g	0.00	0	0		4		0.000		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.00	0	0		4		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.00	0	0		4		0.000		
17:1g									
18:1 undifferentiatedg	0.00	0	0		4		0.000		
20:1g	0.00	0	0		4		0.000		
22:1 undifferentiatedg	0.00	0	0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.00	0	0		4		0.000		
18:2 undifferentiatedg	0.00	0	0		4		0.000		
18:3 undifferentiatedg	0.00	0	0		4		0.000		
18:4g	0.00	0	0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00		0		4		0.000		
20:5 n-3 (EPA)g	0.00	0	0		4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00		0		4		0.000		
22:6 n-3 (DHA)g	0.00	0	0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	FLC	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 29.8g: 1 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		An	ount in 10	o grams	oreal	ne portic	<u>///</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	71 0	0	•		4		102.00		
Water	-	71.2	U	0		4		123.89		
Energy		127		0		4		221		
Energy		531	•	0		4		925		
Protein	_	3.0		0		4		5.22		
Total lipid (fat)		3.6		0		4		6.26		
Ash	_	0.6		0	NR	4		1.04		
Carbohydrate, by difference		21.6		0		4		37.58		
Fiber, total dietary		2.3		0		4		4.0		
Sugars, total		19.2	4	0	BFSN	4		33.47		
Starch	g									
Minerals:										
Calcium, Ca	<u>m</u> g	100		0		4		174		
Iron, Fe		0.4	6	0		4		0.80		
Magnesium, Mg	mg	25		0		4		44		
Phosphorus, P	mg	89		0		4		155		
Potassium, K	-	234		0		4		407		
Sodium, Na	<u>mg</u>	63		0		4		110		
Zinc, Zn	_	0.2		0		4		0.49		
Copper, Cu		0.0	54	0		4		0.094		
Manganese, Mn	_									
Selenium, Se	µg	1.9		0	BFPN	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.0	40	0		4		0.070		
Riboflavin	mg	0.1	80	0		4		0.313		
Niacin		0.1	40	0		4		0.244		
Pantothenic acid	mg									
Vitamin B-6	mg	0.0	40	0		4		0.070		
Folate, total	µg	12		0		4		21		
Folic acid	µg	0		0	BFSN	4		0		
Folate, food	µg	12		0		4		21		
Folate, DFE	µg	12		0	NC	4		21		
Choline, total	mg	14.1		0	0	4		24.5		
Betaine	mg									
Vitamin B-12		0.0		0		4		0.12		
Vitamin B-12, added		0.0	0	0	Z	7		0.00		
Vitamin A, RAE		39		0	NC	4		67		
Retinol		38		0	BFFN	4		66		
Carotene, beta		9		0	BFSN	4		15		
Carotene, alpha		0		0	BFSN	4		0		
Cryptoxanthin, beta		0		0	BFSN	4		0		
Vitamin A, IU		141		0	NC	4		246		
Lycopene		0		0	BFFN	4		0		
Lutein + zeaxanthin		0	•	0	BFFN	4		0		
Vitamin E (alpha-tocopherol)		0.0		0	BFSN	4		0.16		
Vitamin E, added		0.0	U	0	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.1		0	AS	1		0.1		
Vitamin D (D2 + D3) Vitamin D		3		0	BFFN	4		5		
		0.3		0	BFSN	4		0.5		
Vitamin K (phylloquinone)	µg µg	0.3		U	DEPN	4		0.5		

	<u>Am ou</u>	nt in 100 grams Number	•	<u>rtion</u>	Amount in edible portion of common measures of food		
				ce Confidence			
Nutrients and Units	Mean Sto	d. Error Points			Measure 1	Measure 2	Measure 3
Menaquinone-4µg							
Lipids:							
Fatty acids, total saturatedg	2.272	0	4		3.953		
4:0g	0.096	0	4		0.167		
6:0g	0.067	0	4		0.117		
8:0g	0.038	0	4		0.066		
10:0g	0.086	0	4		0.150		
12:0g	0.106	0	4		0.184		
13:0g	***	-	_				
14:0	0.327	0	4		0.569		
15:0g	***************************************	·	-		0.303		
16:0g	0.971	0	4		1.690		
17:0g	*****	·	-		1.050		
18:0g	0.443	0	4		0.771		
20:0	0.113	v	-		0.771		
22:0							
24:0g							
Fatty acids, total monounsaturated9	0.961	0	4		1.672		
-	0.961	U	4		1.6/2		
14:1g							
15:1g	0.067	0	4		0.117		
16:1 undifferentiated	0.067	U	4		0.117		
17:1g	0.817	0	4		1 400		
18:1 undifferentiated		-			1.422		
20:1g	0.000	0	4		0.000		
22:1 undifferentiatedg	0.000	0	4		0.000		
24:1 cg							
Fatty acids, total polyunsaturatedg	0.102	0	4		0.177		
18:2 undifferentiatedg	0.073	0	4		0.127		
18:3 undifferentiatedg	0.029	0	4		0.050		
18:4g	0.000	0	4		0.000		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4		0.000		
20:5 n-3 (EPA)g	0.000	0	4		0.000		
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	4		0.000		
22:6 n-3 (DHA)g	0.000	0	4		0.000		
Fatty acids, total transg							
Cholesterolmg	13	0	4		23		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	4		0.0		
Caffeinemg	3	0	BFZN 4		5		
Theobrominemg	106	0	BFZN 4		184		

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amoun	t in 100 grams	or can	ne por tio	<u></u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of fo	<u>od</u>	
					Source (Confidence				
Nutrients and Un	vite	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure	
Nutrients and on	iits	Mean Stu.	- 101 Tollito	Jouc	Oouc	oouc	weasure i	WedSure 2	Weasure	
Proximates:										
Water	g	73.50	0		4		136.71			
Energy		107	0		4		199			
Energy		448	0		4		833			
Protein		4.40	0		4		8.18			
Total lipid (fat)		0.80	0		4		1.49			
Ash		1.60	0	0	4		2.98			
Carbohydrate, by difference	_	19.70	0		4		36.64			
Fiber, total dietary		2.0	0		4		3.7			
Sugars, total		12.61	0	0	4		23.45			
Starch										
Minerals:										
Calcium, Ca		159	0		4		296			
Iron, Fe	-	0.04	0		4		0.07			
Magnesium, Mg		40	0		4		74			
Phosphorus, P		129	0		4		240			
Potassium, K	_	339	0		4		631			
Sodium, Na	-	81	0		4		151			
Zinc, Zn	-	0.49	0		4		0.91			
Copper, Cu		0.203	0		4		0.378			
Manganese, Mn	-	2.0	•	DEDM	4		F 2			
Selenium, Se	µg	2.8	0	BFPN	4		5.2			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0		4		1.3			
Thiamin	mg	0.040	0		4		0.074			
Riboflavin	mg	0.180	0		4		0.335			
Niacin	mg	0.200	0		4		0.372			
Pantothenic acid	mg									
Vitamin B-6	mg	0.040	0		4		0.074			
Folate, total	µg	12	0		4		22			
Folic acid		0	0	0	4		0			
Folate, food		12	0		4		22			
Folate, DFE		12	0	NC	4		22			
Choline, total		3.1	0	0	4		5.8			
Betaine	-									
Vitamin B-12		0.49	0		4		0.91			
Vitamin B-12, added		0.00	0	Z	7		0.00			
Vitamin A, RAE		2	0	NC	4		3			
Retinol		1	0	0	-		2			
Carotene, beta		8	0	BFSN	4		15			
Carotene, alpha		0	0	BFSN	4		0			
Cryptoxanthin, beta		0 7	0	BFSN	4 4		13			
Vitamin A, IU		0		DECM			0			
Lycopene		0	0	BFSN BFSN	4 4		0			
Lutein + zeaxanthin		0.08	0	BFSN	4		0.16			
Vitamin E (alpha-tocopherol) Vitamin E, added		0.08	0	BF5N Z	7		0.16			
Tocopherol, beta		0.00	J	4	,		0.00			
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D		0	0	z	7		0			
Vitamin K (phylloquinone)		0.3	0	BFSN	4		0.5			
Dihydrophylloquinone		···	3		-		0.5			
Menaquinone-4										

	Amount in	100 grams of edi	ble portion		edible portion	
		Number			easures of foo	<u>) a</u>
Nutrients and Units	Mean Std. Er	of Data Deriv ror Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Nati ients and onits	mean ota. E	101		weasure i	measure 2	weasure 5
Timita						
Lipids: Fatty acids, total saturatedg	0.505	0	4	0.939		
4:0g	0.027	0	4	0.050		
6:0	0.027	0	4	0.030		
8:0g	0.009	0	4	0.017		
10:0g	0.003	0	4	0.017		
12:0g	0.010	0	4	0.033		
13:0g	0.005	v	-	0.017		
14:0g	0.071	0	4	0.132		
15:0g	*****	· ·	-	0.132		
16:0g	0.241	0	4	0.448		
17:0	**	-	_	01110		
18:0	0.104	0	4	0.193		
20:0g						
22:0g						
24:0g						
Fatty acids, total monounsaturatedg	0.214	0	4	0.398		
14:19						
15:1g						
16:1 undifferentiatedg	0.018	0	4	0.033		
17:1g						
18:1 undifferentiatedg	0.187	0	4	0.348		
20:1g	0.000	0	4	0.000		
22:1 undifferentiatedg	0.000	0	4	0.000		
24:1 cg						
Fatty acids, total polyunsaturated	0.030	0	4	0.056		
18:2 undifferentiatedg	0.021	0	4	0.039		
18:3 undifferentiatedg	0.009	0	4	0.017		
18:4g	0.000	0	4	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg						
20:4 undifferentiatedg	0.000	0	4	0.000		
20:5 n-3 (EPA)g	0.000	0	4	0.000		
21:5g						
22:4g						
22:5 n-3 (DPA)g	0.000	0	4	0.000		
22:6 n-3 (DHA)g	0.000	0	4	0.000		
Fatty acids, total transg						
Cholesterolmg	4	0	4	7		
Phytosterolsmg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0		
Caffeinemg	3	0 BFZN	r 4	6		
Theobrominemg	106	0 BFZN	1 4	197		

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amo	unt in 100 g	gram	s of edi	ble portic	<u>on</u>	Amount in e	dible portion	of common
			Nı	ımbe	r			m	easures of fo	od
						Source	Confidence			
Nutrio nto and I lo	:40	Maan C	itd. Error F				Code	Manaura 1	Magaura 2	Magaura
Nutrients and Un	ITS	Mean S	ta. Error i	Oiiits	Coue	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.80	0.38	9 3		1		45.94		
Energy	-	160		0		4		115		
Energy		669				4		482		
Protein (N x 6.2)		4.00	0.12	7 3		1		2.88		
Total lipid (fat)		6.00	0.08			1		4.32		
Ash	-	1.00	0.02			1		0.72		
Carbohydrate, by difference	-	24.90		0	NC	4		17.93		
Fiber, total dietary		2.2		0		4		1.6		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	ma	147	2.42	1 3		1		106		
Iron, Fe	-	1.25	2.42	1		4		0.90		
Magnesium, Mg	-	27		2		1		19		
Phosphorus, P		139		2		1		100		
Potassium, K	-	261		2		1		188		
Sodium, Na	-	98	3.82			1		71		
Zinc, Zn	-	0.49		2		1		0.35		
Copper, Cu		0.131		2		1		0.094		
Manganese, Mn		0.121		2		1		0.087		
Selenium, Se		2.4		0	FLA	4		1.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		2		1		0.2		
Thiamin	-	0.036		2		1		0.026		
Riboflavin	-	0.211		0 3		1		0.152		
Niacin	-	0.305		2		1		0.220		
Pantothenic acid		0.674		2		1		0.485		
Vitamin B-6	mg	0.074		2		1		0.053		
Folate, total	µg	11		2		1		8		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	11		2		1		8		
Folate, DFE	µg	11		0	NC	4		8		
Choline, total	mg									
Betaine	-									
Vitamin B-12		0.29		2		1		0.21		
Vitamin A, RAE		44		0	NC	4		32		
Retinol		43		0	0	4		31		
Carotene, beta		12		0	0	4		9		
Carotene, alpha										
Cryptoxanthin, beta		1.00						115		
Vitamin A, IU		160		1		4		115		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

		<u>Am</u>	ount in 10	0 grams	of edil	ole portion	Amount in edible portion of common			
				Number			measures of food			
						Source Confidence				
Nutrients and U	nits	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated		3.6		0		1	2.614			
4:0	_	0.1		1		1	0.115			
6:0	• • • • • • • • • • • • • • • • • • • •	0.0		1		1	0.065			
8:0 10:0		0.0		1 1		1 1	0.036 0.086			
12:0	_	0.1		1		1	0.094			
13:0	_	-		-		-	0.002			
14:0	-	0.5	00	1		1	0.360			
15:0	_									
16:0	g	1.6	10	1		1	1.159			
17:0	g									
18:0	_	0.9	60	1		1	0.691			
20:0	-									
22:0	_									
24:0Fatty acids, total monounsaturated	_	1.7	E0	0		1	1 260			
14:1	_	1.7	50	U		1	1.260			
15:1										
16:1 undifferentiated	-	0.1	10	1		1	0.079			
17:1										
18:1 undifferentiated		1.6	40	1		1	1.181			
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated		0.2		0		1	0.158			
18:2 undifferentiated		0.1		1		1	0.101			
18:3 undifferentiated	_	0.0	70	1		1	0.050			
18:4 20:2 n-6 c,c	-									
20:2 II-6 C,C	-									
20:4 undifferentiated	-									
20:5 n-3 (EPA)	-									
21:5	g									
22:4	g									
22:5 n-3 (DPA)										
22:6 n-3 (DHA)	-									
Fatty acids, total trans		5		•		1	4			
CholesterolPhytosterols		5		2		1	4			
·										
Amino Acids:										
Tryptophan		0.0		0		1	0.040			
Threonine		0.1		0		1	0.123			
Isoleucine		0.2		0		1	0.154			
Leucine		0.3		0		1 1	0.248			
Lysine Methionine		0.2		0		1	0.201 0.060			
Cystine		0.0		0		1	0.029			
Phenylalanine	_	0.1		0		1	0.029			
Tyrosine		0.1		0		1	0.128			
Valine	_	0.2		0		1	0.184			
Arginine		0.1		0		1	0.118			
Histidine		0.0	96	0		1	0.069			
Alanine	g	0.1	47	0		1	0.106			
Aspartic acid	g	0.3		0		1	0.233			
Glutamic acid		0.7		0		1	0.546			
Glycine		0.1		0		1	0.078			
Proline		0.3		0		1	0.231			
Serine	g	0.2	ŊŢ	0		1	0.145			
Hydroxyproline	_									
	_									
Others:	_									
Alcohol, ethyl	g									
	g g mg	3 106		0	FLA FLA	4 4	2 76			

Frozen yogurts, chocolate, soft-serve

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.7

Food Group: 19 Sweets

		Amo				ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number						
							Confidence			
Nutrients and Un	its	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.20		0		4		123.89		
Energy	kcal	127		0		4		221		
Energy	kJ	531		0		4		925		
Protein	g	3.00		0		4		5.22		
Total lipid (fat)	g	3.60		0		4		6.26		
Ash	g	0.60		0	NR	4		1.04		
Carbohydrate, by difference	g	21.60		0		4		37.58		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	19.92		0	BFSN	4		34.66		
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	100		0		4		174		
Iron. Fe	-	0.46		0		4		0.80		
Magnesium, Mg		10		0		4		17		
Phosphorus, P		89		0		4		155		
Potassium, K		156		0		4		271		
Sodium, Na		63		0		4		110		
Zinc, Zn		0.28		0		4		0.49		
Copper, Cu	-	0.009)	0		4		0.016		
Manganese, Mn	mg									
Selenium, Se	µg	1.9		0	BFPN	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		0		4		1.2		
Thiamin	-	0.040)	0		4		0.070		
Riboflavin	-	0.180		0		4		0.313		
Niacin	-	0.070		0		4		0.122		
Pantothenic acid	-									
Vitamin B-6	-	0.040)	0		4		0.070		
Folate, total	µg	4		0		4		7		
Folic acid	µg	0		0	BFSN	4		0		
Folate, food	µg	4		0		4		7		
Folate, DFE	µg	4		0	NC	4		7		
Choline, total	mg	23.1		0	AS	1		40.2		
Betaine	mg									
Vitamin B-12		0.07		0		4		0.12		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		49		0	BFSN	4		86		
Retinol		48		0	BFSN	4		84		
Carotene, beta		9		0	BFSN	4		15		
Carotene, alpha		0		0	BFSN	4		0		
Cryptoxanthin, beta		0		0	BFSN	4		0		
Vitamin A, IU		176 0		0	NC BFSN	4 4		306 0		
Lycopene		0		0	BFSN	4		0		
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.09		0	BFSN	4		0.16		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta		0.00		ŭ	-	,		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)		0.1		0	AS	1		0.1		
Vitamin D		3		0	BFFN	4		5		
Vitamin K (phylloquinone)	µg	0.3		0	BFSN	4		0.5		
Dihydrophylloquinone	µg									
Menaquinone-4										

	Amount in	100 grams of e	Amount in 100 grams of edible portion								
		Number		<u>m</u>	easures of foo	<u>od</u>					
		of Data Der	iv Source Confidence								
Nutrients and Units	Mean Std. Eri	or Points Cod	le Code Code	Measure 1	Measure 2	Measure 3					
						_					
<u>Lipids:</u>											
Fatty acids, total saturatedg	2.326	0	4	4.047							
4:0g	0.111	0	4	0.193							
6:0g	0.078	0	4	0.136							
8:0g	0.044	0	4	0.077							
10:0g	0.100	0	4	0.174							
12:0g	0.122	0	4	0.212							
13:0g											
14:0g	0.377	0	4	0.656							
15:0g											
16:0g	0.986	0	4	1.716							
17:0g											
18:0g	0.355	0	4	0.618							
20:0g											
22:0g											
24:0g											
Fatty acids, total monounsaturatedg	0.986	0	4	1.716							
14:1g											
15:1g											
16:1 undifferentiatedg	0.078	0	4	0.136							
17:1g		_									
18:1 undifferentiated	0.820	0	4	1.427							
20:1g	0.000	0	4	0.000							
22:1 undifferentiatedg	0.000	0	4	0.000							
24:1 cg		•									
Fatty acids, total polyunsaturatedg	0.100	0	4	0.174							
18:2 undifferentiated	0.067	0	4	0.117							
18:3 undifferentiated	0.033	0	4	0.057							
18:4g	0.000	0	4	0.000							
20:2 n-6 c,cg											
20:3 undifferentiated	0.000	0	4	0.000							
20:4 undifferentiated	0.000	0	4 4	0.000							
20:5 n-3 (EPA)g	0.000	U	4	0.000							
21:5g											
22:4g	0.000	0	4	0 000							
22:5 n-3 (DPA)g	0.000 0.000	0 0	4 4	0.000							
22:6 n-3 (DHA)g	0.000	U	**	0.000							
Fatty acids, total transg Cholesterolmg	13	0	4	23							
Phytosterolsmg	13	U	4	43							
r nytosteroisny											
Others:											
Alcohol, ethylg	0.0	0	4	0.0							
Caffeinemg	0	0 BF		0							
Theobrominemg	0	0 BF	SN 4	0							

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amour	<u>nt in 100 g</u>	aiiis	or eun	ne por tio	<u>'11</u>	Amount in edible portion of common			
			Nu	m be i	r			<u>m</u>	easures of fo	od	
						Source (Confidence				
Nutrionts and Un	ito	Moon Sto	l. Error Po				Code	Magaura 1	Magaura 2	Maggura	
Nutrients and Un	iits	Mean Sto	. Error 1	Jiiit3	oouc	Oode	Oouc	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	65.30	0.386	8		1		47.02			
Energy		159		0	NC	4		114			
Energy		665		0		4		479			
Protein (N x 6.25)		4.00	0.119	8		1		2.88			
Total lipid (fat)		5.60	0.120	8		1		4.03			
Ash		0.90	0.017	8		1		0.65			
Carbohydrate, by difference		24.20		0	NC	4		17.42			
Fiber, total dietary		0.0		0	FLM	4		0.0			
Sugars, total		24.00		0	FLM	4		17.28			
Starch											
Minerals:											
Calcium, Ca		143	4.303			1		103			
Iron, Fe	_	0.30		1		1		0.22			
Magnesium, Mg		14	0.273			1		10			
Phosphorus, P		129	3.055			1		93			
Potassium, K	_	211	10.899			1		152			
Sodium, Na	_	87	4.037			1		63			
Zinc, Zn	_	0.42		2		1		0.30			
Copper, Cu		0.040		2		1		0.029			
Manganese, Mn	_	0.012		0	FLM FLM	4 4		0.009			
Selenium, Se	µg	3.3		U	FLM	4		2.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		2		1		0.6			
Thiamin	mg	0.037	0.007	3		1		0.027			
Riboflavin	mg	0.224	0.007	8		1		0.161			
Niacin	mg	0.287	0.003	3		1		0.207			
Pantothenic acid	mg	0.645		1		1		0.464			
Vitamin B-6	mg	0.080		2		1		0.058			
Folate, total	µg	6		2		1		4			
Folic acid	µg	0		0	FLM	4		0			
Folate, food	µg	6		2		1		4			
Folate, DFE	µg	6		0	NC	4		4			
Choline, total	_	20.2		0	AS	1		14.6			
Betaine											
Vitamin B-12		0.29		2		1		0.21			
Vitamin B-12, added		0.00		0	Z	7		0.00			
Vitamin A, RAE		59		0	FLA	4		43			
Retinol		58		0	FLA	4		42			
Carotene, beta		11		0	FLA	4		8			
Carotene, alpha		0		0	FLA	4		0			
Cryptoxanthin, beta		0	0.600	0	FLA	4		0			
Vitamin A, IU		212	8.609			1		153			
Lycopene		0 0		0	FLA	4		0			
Lutein + zeaxanthin					FLA	4		0			
Vitamin E (alpha-tocopherol)		0.11		0	FLM	4		0.08			
Vitamin E, added		0.00		0	Z	7		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1		0	AS	1		0.1			
Vitamin D		4		0	BFFN	4		3			
Vitamin K (phylloquinone)		0.3		0	FLM	4		0.2			
Dihydrophylloquinone		0.5		·		-		V.2			
Menaquinone-4											

Amount in 100 grams of edible portion							Amount in edible portion of common				
			Number				measures of food				
					Source Co	onfidanca					
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3		
<u>Lipids:</u>											
Fatty acids, total saturated	3.42		0		1		2.462				
4:0g 6:0g	0.18		1 1		1 1		0.130				
6:0g 8:0g	0.10		1		1		0.072 0.043				
10:0g	0.14		1		1		0.101				
12:0g	0.16	60	1		1		0.115				
13:0g											
14:0g	0.57	70	1		1		0.410				
15:0g	1.52	20	1		1		1 004				
16:0g 17:0g	1.52	20			_		1.094				
18:0.	0.68	80	1		1		0.490				
20:0g											
22:0g											
24:0g											
Fatty acids, total monounsaturatedg	1.59	90	0		1		1.145				
14:1g 15:1g											
16:1 undifferentiatedg	0.13	30	1		1		0.094				
17:1g											
18:1 undifferentiated	1.46	60	1		1		1.051				
20:1g	0.00		0		1		0.000				
22:1 undifferentiatedg	0.00	00	0		1		0.000				
24:1 c	0.21	1.0	0		1		0.151				
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.13		1		1		0.131				
18:3 undifferentiatedg	0.08		1		1		0.058				
18:4g	0.00		0		1		0.000				
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.00		0		1		0.000				
20:5 n-3 (EPA)g	0.00	00	0		1		0.000				
21:5g 22:4g											
22:5 n-3 (DPA)g	0.00	00	0		1		0.000				
22:6 n-3 (DHA)g	0.00	00	0		1		0.000				
Fatty acids, total transg											
Cholesterolmg	2		2		1		1				
Phytosterolsmg											
Amino Acids:											
Tryptophang	0.05		0		1		0.038				
Threonineg	0.16		0		1		0.122				
Isoleucineg	0.22		0 0		1 1		0.164 0.265				
Lysine	0.29		0		1		0.265				
Methionineg	0.09		0		1		0.068				
Cystineg	0.03	35	0		1		0.025				
Phenylalanineg	0.18	81	0		1		0.130				
Tyrosineg	0.18	81	0		1		0.130				
Valineg	0.25		0		1		0.181				
Arginine	0.13		0		1 1		0.098 0.073				
Alanineg	0.10		0		1		0.073				
Aspartic acid	0.28		0		1		0.205				
Glutamic acidg	0.78		0		1		0.566				
Glycineg	0.08	80	0		1		0.058				
Prolineg	0.36		0		1		0.262				
Serineg	0.20	04	0		1		0.147				
Hydroxyprolineg											
Others:											
Alcohol, ethylg	0.0		0	FLM	4		0.0				
Caffeinemg	0		0	FLM	4		0				

Frozen yogurts, vanilla, soft-serve

Nutrients and Units

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Mean

Std. Error Points Code Code

Measure 1

Measure 2

Measure 3

0

Code

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: .5 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

		AII	ount in 100	granis	or ear	nie hoi rion		Amount in edible portion of common			
			N	Num ber				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source Confide	ence				
Nutrients and Uni	ts	Mean	Std. Error			Code Code		Measure 1	Measure 2	Measure	
Proximates:											
Water	g	56.4	5	1	MA	12		9.60	9.60	159.19	
Energy	kcal	173		0	MC	9		29	29	488	
Energy	kJ	724		0	MC	9		123	123	2041	
Protein (N x 6.25)		0.3	9	1	MA	12		0.07	0.07	1.10	
Total lipid (fat)	g	0.3	0	0	FLA	4		0.05	0.05	0.85	
Ash	g	0.3	9	1	MA	12		0.07	0.07	1.10	
Carbohydrate, by difference	g	42.4	7	0	NC	4		7.22	7.22	119.77	
Fiber, total dietary	g	1.5		1	MA	12		0.3	0.3	4.2	
Sugars, total	g	35.3	0	1	MA	12		6.00	6.00	99.55	
Starch											
Minerals:											
Calcium, Ca	mg	14		1	MA	12		2	2	39	
Iron, Fe	-	0.3	1	1	MA	12		0.05	0.05	0.87	
Magnesium, Mg	mg	4		0	FLA	4		1	1	12	
Phosphorus, P	<u>m</u> g	8		0	FLA	4		1	1	22	
Potassium, K	mg	91		0	FLA	4		15	15	257	
Sodium, Na	-	15		1	LC	8		3	3	42	
Zinc, Zn	<u>m</u> g	0.0	6	1		1		0.01	0.01	0.17	
Copper, Cu		0.0		1		1		0.014	0.014	0.22	
Manganese, Mn		0.3		0	FLA	4		0.054	0.054	0.89	
Selenium, Se	µg	0.4		0	FLA	4		0.1	0.1	1.2	
Vitamins:											
Vitamin C, total ascorbic acid	-	0.6		0	FLA	4		0.1	0.1	1.8	
Thiamin	-	0.0		0	FLA	4		0.002	0.002	0.02	
Riboflavin	-	0.0		0	FLA	4		0.003	0.003	0.05	
Niacin	-	0.0		0	FLA	4		0.013	0.013	0.21	
Pantothenic acid	-	0.0		0	FLA	4		0.008	0.008	0.13	
Vitamin B-6	-	0.0	37	0	FLA	4		0.006	0.006	0.10	
Folate, total		1		0	FLA	4		0	0	2	
Folic acid		0 1		0	FLA	4		0 0	0	0 2	
Folate, food		1		0	FLA NC	4		-			
Folate, DFE				0		4		0 0.4	0	2	
Choline, total	-	2.1		U	FLA	4		0.4	0.4	6.0	
Betaine		0.0	0	0	FLA	4		0.00	0.00	0.00	
Vitamin B-12, added		0.0		0	FLA	4		0.00	0.00	0.00	
Vitamin A, RAE		1	O	0	FLA	4		0	0.00	4	
Retinol		0		0	FLA	4		0	0	0	
Carotene, beta		9		0	FLA	4		1	1	25	
Carotene, alpha		0		0	FLA	4		0	0	0	
Cryptoxanthin, beta		9		0	FLA	4		2	2	27	
Vitamin A, IU		22		0	FLA	4		4	4	63	
Lycopene		0		0	FLA	4		0	0	1	
Lutein + zeaxanthin		17		0	FLA	4		3	3	48	
Vitamin E (alpha-tocopherol)		0.0	5	0	FLA	4		0.01	0.01	0.15	
Vitamin E, added		0.0		0	FLA	4		0.00	0.00	0.00	
Tocopherol, beta		0.0		0	FLA	4		0.00	0.00	0.00	
Tocopherol, gamma		0.0		0	FLA	4		0.00	0.00	0.02	
Tocopherol, delta				-	_						
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		0.9		0	FLA	4		0.1	0.1	2.5	
Dihydrophylloquinone				-	·•						
Menaquinone-4											

	<u>Am ou</u>	<u>unt in 10</u>	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean St	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated9	0.053		0	FLA	4		0.009	0.009	0.149
4:0	0.000		0	FLA	4		0.000	0.009	0.000
6:0g	0.000		0	FLA	4		0.000	0.000	0.000
8:0g	0.000		0	FLA	4		0.000	0.000	0.000
10:0g	0.000		0	FLA	4		0.000	0.000	0.000
12:0g	0.001		0	FLA	4		0.000	0.000	0.003
13:0	0.001		U	FUA	-		0.000	0.000	0.003
14:0g	0.002		0	FLA	4		0.000	0.000	0.007
_	0.002		U	FUA	-		0.000	0.000	0.007
15:0g 16:0g	0.041		0	FLA	4		0.007	0.007	0.116
	0.041		U	FUA	-		0.007	0.007	0.110
17:0g	0.008		0	FLA	4		0.001	0.001	0.021
18:0g	0.008		U	FLA	4		0.001	0.001	0.021
20:0g									
22:0g									
24:0g	0.016		0	FLA	4		0.003	0.003	0.046
Fatty acids, total monounsaturatedg	0.016		U	FLA	4		0.003	0.003	0.046
14:1g									
15:1g 16:1 undifferentiatedg	0.001		0	FLA	4		0.000	0.000	0.003
	0.001		U	FLA	4		0.000	0.000	0.003
17:1	0.016		0	FLA	4		0.003	0.003	0.045
20:1g	0.010		0	FLA	4		0.003	0.003	0.043
-	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		U	FLA	4		0.000	0.000	0.000
24:1 cg	0.084		0	FLA	4		0.014	0.014	0.237
Fatty acids, total polyunsaturatedg	0.064		0	FLA	4		0.014	0.014	0.188
18:2 undifferentiated	0.017		0	FLA	4		0.011	0.011	0.188
	0.017		0	FLA	4		0.003	0.003	0.049
18:4g	0.000		U	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000		0	FLA	4		0.000	0.000	0.000
	0.000		U	FUA	-		0.000	0.000	0.000
21:5g									
22:4g 22:5 n-3 (DPA)g	0.000		0	FLA	4		0.000	0.000	0.000
. ,	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	0.000		U	г⊔A	*		0.000	0.000	0.000
-	0		1	LC	8		0	0	0
Cholesterolmg	U		1	TC	б		U	U	U
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 17g: 1 tbsp Measure 2 = 17g: 1 serving Measure 3 = 282g: 1 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	00 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Number				m	easures of fo	od_
						Source C	Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.7	4	0	FLC	4		49.24	12.38	
Energy	kcal	341		0	NC	4		1137	286	
Energy	kJ	1425		0	NC	4		4760	1197	
Protein	g	0.0	0	0	LC	8		0.00	0.00	
Total lipid (fat)	g	0.0	0	0	LC	8		0.00	0.00	
Ash	-	0.1		0	FLC	4		0.42	0.11	
Carbohydrate, by difference		85.1		0	NC	4		284.33	71.51	
Fiber, total dietary		0.1		0	FLC	4		0.2	0.0	
Sugars, total		53.0	0	0	LC	8		177.02	44.52	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	FLC	4		26	7	
Iron, Fe	-	0.0	4	0	FLC	4		0.14	0.03	
Magnesium, Mg	mg	1		0	FLC	4		3	1	
Phosphorus, P	<u>m</u> g	0		0	FLC	4		2	0	
Potassium, K	-	7		0	FLC	4		24	6	
Sodium, Na	-	0		0	LC	8		0	0	
Zinc, Zn		0.2		0	FLC	4		0.86	0.22	
Copper, Cu	-	0.0		0	FLC	4		0.059	0.015	
Manganese, Mn		0.0		0	FLC	4 4		0.203	0.051	
Selenium, Se	µg	0.8		U	FLC	4		2.7	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	-	1.6		0	FLC	4		5.4	1.4	
Thiamin	mg	0.0		0	FLC	4		0.111	0.028	
Riboflavin	-	0.0		0	FLC	4		0.039	0.010	
Niacin	-	0.0		0	FLC	4		0.041	0.010	
Pantothenic acid	•	0.0		0	FLC	4		0.034	0.009	
Vitamin B-6	-	0.0	01	0	FLC	4		0.005	0.001 0	
Folia e sid		0		0	FLC FLC	4 4		1 0	0	
Folic acidFolate, food		0		0	FLC	4		1	0	
Folate, DFE		0		0	NC	4		1	0	
Choline, total		0.2		0	FLC	4		0.6	0.2	
Betaine	-	0.0		0	FLC	4		0.0	0.0	
Vitamin B-12	-	0.0		0	FLC	4		0.00	0.00	
Vitamin B-12, added		0.0	0	0	FLC	4		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		1	0	
Retinol	µg	0		0	FLC	4		0	0	
Carotene, beta	µg	1		0	FLC	4		2	1	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	
Vitamin A, IU		2		0	NC	4		5	1	
Lycopene		0		0	FLC	4		0	0	
Lutein + zeaxanthin		1	_	0	FLC	4		3	1	
Vitamin E (alpha-tocopherol)		0.0		0	FLC	4		0.03	0.01	
Vitamin E, added		0.0	U	0	FLC	4		0.00	0.00	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0	0.0	
Vitamin D		0		0	FLC	4		0	0	
Vitamin K (phylloquinone)		0.1		0	FLC	4		0.2	0.0	
Dihydrophylloquinone										

	A	mount in 10	00 grams Number		ble porti	<u>ion</u>		dible portion o	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated	•	000	0	FLC	4		0.000	0.000	
4:0	•	000 000	0	FLC FLC	4 4		0.000	0.000 0.000	
8:0	•	000	0	FLC	4		0.000	0.000	
10:0	-	000	0	FLC	4		0.000	0.000	
12:0	g 0.	000	0	FLC	4		0.000	0.000	
13:0	-								
14:0	•	000	0	FLC	4		0.000	0.000	
15:0	-	000	0	FLC	4		0.000	0.000	
16:0 17:0	-	000 000	0	FLC FLC	4 4		0.000	0.000 0.000	
18:0		000	0	FLC	4		0.000	0.000	
20:0	-	000	0	FLC	4		0.000	0.000	
22:0	-	000	0	FLC	4		0.000	0.000	
24:0	g								
Fatty acids, total monounsaturated	-	000	0	FLC	4		0.000	0.000	
14:1 15:1.	•								
15:1	•	000	0	FLC	4		0.000	0.000	
17:1	•	000	· ·	FEC	-		0.000	0.000	
18:1 undifferentiated	•	000	0	FLC	4		0.000	0.000	
20:1	-	000	0	FLC	4		0.000	0.000	
22:1 undifferentiated	g 0.	000	0	FLC	4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated		000	0	FLC	4		0.000	0.000	
18:2 undifferentiated	•	000 000	0	FLC FLC	4 4		0.000	0.000 0.000	
18:4	•	000	0	FLC	4		0.000	0.000	
20:2 n-6 c,c	-		·		-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated		000	0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)		000	0	FLC	4		0.000	0.000	
21:5	-								
22:4 22:5 n-3 (DPA)	-	000	0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)	•	000	0	FLC	4		0.000	0.000	
Fatty acids, total trans		000	0	FLC	4		0.000	0.000	
Cholesterol	mg 0		0	FLC	4		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.	000	0	FLC	4		0.000	0.000	
Threonine	g 0.	000	0	FLC	4		0.001	0.000	
Isoleucine	•	000	0	FLC	4		0.001	0.000	
Leucine	•	001	0	FLC	4		0.002	0.000	
Lysine	•	000	0	FLC	4		0.001	0.000	
Methionine	•	000 000	0	FLC FLC	4 4		0.000	0.000 0.000	
CystinePhenylalanine	•	000	0	FLC	4		0.001	0.000	
Tyrosine	•	000	0	FLC	4		0.001	0.000	
Valine		000	0	FLC	4		0.001	0.000	
Arginine		000	0	FLC	4		0.001	0.000	
Histidine	•	000	0	FLC	4		0.001	0.000	
Alanine	•	000	0	FLC	4		0.002	0.000	
Aspartic acid	•	002	0	FLC	4		0.008	0.002	
Glutamic acidGlycine	•	002 000	0	FLC FLC	4		0.005 0.001	0.001 0.000	
Proline	•	000	0	FLC	4		0.001	0.000	
Serine	•	000	0	FLC	4		0.001	0.000	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.	0	0	FLC	4		0.0	0.0	
Caffeine	mg 0		0	FLC	4		0		

	<u>Ar</u>	nount in 10	•	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Caffeinemg Theobrominemg	0		0	FLC FLC	4		0	0	

Common Measures:

Measure 1 = 334g: 1 cup Measure 2 = 84g: .25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am our</u>	it in 100 gr	am s	of edil	ble portion		Amount in edible portion of common			
			Nun	nber					easures of foo		
						Source Co	nfidence				
Nutrients and Un	its	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		1.00	0.029	84		1		0.85	0.21		
Energy		381		0		4		324	80		
Energy		1594		0		4		1355	335		
Protein (N x 5.55)		7.80	0.031			1		6.63	1.64		
Total lipid (fat)		0.00		1		4		0.00	0.00		
Ash	-	0.70	0.016			1		0.60	0.15		
Carbohydrate, by difference		90.50		0	NC	4		76.93	19.01		
Fiber, total dietary		0.0		2	LC	8		0.0	0.0		
Sugars, total		86.04		0	FLC	4		73.13	18.07		
Starch	g										
Minerals:											
Calcium, Ca	<u>mg</u>	3	0.102	9		1		3	1		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.13		0	FLC	4		0.11	0.03		
Magnesium, Mg		2		0	FLC	4		2	1		
Phosphorus, P		141		0	FLA	4		120	30		
Potassium, K	-	7	0.966			1		6	1		
Sodium, Na	-	466	54.339	4	LC	8		396	98		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.01		2		1 1		0.01	0.00		
Copper, Cu		0.118 0.011		1 0	FLC	4		0.100 0.010	0.025 0.002		
Manganese, Mn	_	6.7		1	A A	1		5.7	1.4		
*	µg	0.7		-	•	_		3.7	1.1		
Vitamins:	ma	0.0		•	TIT C	4		0.0	0.0		
Vitamin C, total ascorbic acid	_	0.0 0.003		0	FLC FLC	4 4		0.0 0.002	0.0		
Thiamin	_	0.003		0	FLC	4		0.035	0.001 0.009		
Riboflavin	_	0.009		0	FLC	4		0.008	0.003		
Pantothenic acid	_	0.014		0	FLC	4		0.012	0.002		
Vitamin B-6		0.001		0	FLC	4		0.001	0.000		
Folate, total	_	3		0	FLC	4		3	1		
Folic acid		0		0	FLC	4		0	0		
Folate, food		3		0	FLC	4		3	1		
Folate, DFE		3		0	NC	4		3	1		
Choline, total		3.5		0	0	4		3.0	0.7		
Betaine	mg										
Vitamin B-12	µg	0.00		1		4		0.00	0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0	0		
Retinol	µg	0		0	FLC	4		0	0		
Carotene, beta	µg	0		0	FLC	4		0	0		
Carotene, alpha	µg	0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		0		0	NC	4		0	0		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00	0.00		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, alpna											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	z	7		0	0		
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0		
Dihydrophylloquinone											
Menaquinone-4											

		<u>Am ou</u>	ınt in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of foo	•	
						Source (Confidence			_	
Nutrients and Units	Mea	n St	d. Error	Points			Code	Measure 1	Measure 2	Measure 3	
Lipids:											
Fatty acids, total saturated		0.000		2	LC	8		0.000	0.000		
4:0	•	0.000		0		4		0.000	0.000		
6:0		0.000		0		4 4		0.000	0.000		
8:0 10:0	0	0.000		0		4		0.000	0.000 0.000		
12:0	-	0.000		0		4		0.000	0.000		
13:0	_			·		-		0.000			
14:0	-	0.000		0		4		0.000	0.000		
15:0	g										
16:0	0	0.000		0		4		0.000	0.000		
17:0	-			_							
18:0 20:0	0	0.000		0		4		0.000	0.000		
22:0											
24:0											
Fatty acids, total monounsaturated		0.000		2	LC	8		0.000	0.000		
14:1	g										
15:1	_										
16:1 undifferentiated	_	0.000		0		4		0.000	0.000		
17:1		0.000		0		4		0.000	0.000		
18:1 undifferentiated 20:1	0	0.000		0		4		0.000	0.000 0.000		
22:1 undifferentiated	0	0.000		0		4		0.000	0.000		
24:1 c	•			·		-		0.000			
Fatty acids, total polyunsaturated	-	0.000		2	LC	8		0.000	0.000		
18:2 undifferentiated	g	0.000		0		4		0.000	0.000		
18:3 undifferentiated		0.000		0		4		0.000	0.000		
18:4		0.000		0		4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated	_	0.000		0		4		0.000	0.000		
20:5 n-3 (EPA)		0.000		0		4		0.000	0.000		
21:5	-										
22:4	g										
22:5 n-3 (DPA)	0	0.000		0		4		0.000	0.000		
22:6 n-3 (DHA)	0	0.000		0		4		0.000	0.000		
Fatty acids, total trans		•		•		•		•	•		
CholesterolPhytosterols	•	0		2	LC	8		0	0		
	1119										
Amino Acids:											
Tryptophan	0	0.000		0		1		0.000	0.000		
Threonine	5	0.151		0		1 1		0.128 0.100	0.032 0.025		
IsoleucineLeucine	0	0.251		0		1		0.100	0.023		
Lysine.	0	0.354		0		1		0.301	0.074		
Methionine	0	0.062		0		1		0.053	0.013		
Cystine	g	0.000		0		1		0.000	0.000		
Phenylalanine	g	0.177		0		1		0.150	0.037		
Tyrosine	0	0.031		0		1		0.026	0.007		
Valine	0	0.213		0		1		0.181	0.045		
Arginine	0	0.676		0		1 1		0.575	0.142		
Histidine		0.068 0.818		0		1		0.058 0.695	0.014 0.172		
AlanineAspartic acid	0	0.538		0		1		0.695	0.172		
Glutamic acid		0.894		0		1		0.760	0.113		
Glycine	0	1.947		0		1		1.655	0.409		
Proline		1.256		0		1		1.068	0.264		
Serine		0.266		0		1		0.226	0.056		
Hydroxyproline	9										
Others:											
Alcohol, ethyl	g	0.0		0	FLC	4		0.0	0.0		
Caffeine	mg	0		0	FLC	4		0	0		

NDB No. 19172 Gelatin desserts, dry mix

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

FLC

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

0

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	Amount in edible portion of common						
				measures of food						
						Source C	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.3	9	0	RPI	6		113.92	17.72	455.68
Energy	kcal	62		0	RPI	6		83	13	333
Energy	kJ	258		0	RPI	6		348	54	1393
Protein	g	1.2	2	0	RPI	6		1.65	0.26	6.61
Total lipid (fat)	g	0.0	0	0	RPI	6		0.00	0.00	0.00
Ash	g	0.2	0	0	RPI	6		0.27	0.04	1.06
Carbohydrate, by difference	g	14.1	9	0	RPI	6		19.16	2.98	76.65
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total	g	13.4	9	0	RPI	6		18.21	2.83	72.85
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RPA	1		4	1	14
Iron, Fe	_	0.0	2	0	RPI	6		0.03	0.01	0.13
Magnesium, Mg	mg	1		0	RPI	6		1	0	5
Phosphorus, P	<u>m</u> g	22		0	RPI	6		30	5	119
Potassium, K	_	1		0	RPA	1		2	0	7
Sodium, Na	_	75		0	RPI	6		101	16	405
Zinc, Zn	_	0.0		0	RPA	1		0.01	0.00	0.03
Copper, Cu		0.0		0	RPA	1		0.033	0.005	0.13
Manganese, Mn		0.0	02	0	RPI	6 6		0.003	0.000	0.01
Selenium, Se	µg	1.1		U	RPI	0		1.4	0.2	5.7
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin	_	0.0		0	RPI	6		0.001	0.000	0.00
Riboflavin	_	0.0		0	RPI	6		0.009	0.001	0.03
Niacin	_	0.0		0	RPI	6		0.002	0.000	0.00
Pantothenic acid	-	0.0		0	RPI RPI	6 6		0.003	0.000	0.01
Vitamin B-6	_	1	00	0	RPI	6		1	0.000 0	0.00
Folic acid		0		0	RPI	6		0	0	0
Folate, food		1		0	RPI	6		1	0	3
Folate, DFE		1		0	NC	4		1	0	3
Choline, total		0.5		0	AS	1		0.7	0.1	3.0
Betaine	• • • • • • • • • • • • • • • • • • • •	0.5		2	A	1		0.6	0.1	2.5
Vitamin B-12		0.0	0	0	RPI	6		0.00	0.00	0.00
Vitamin B-12, added		0.0	0	0	z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	RPI	6		0	0	0
Retinol	µg	0		0	RPI	6		0	0	0
Carotene, beta	µg	0		0	RPI	6		0	0	0
Carotene, alpha	µg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	0
Vitamin A, IU	<u>I</u> U	0		0	RPI	6		0	0	0
Lycopene		0		0	RPI	6		0	0	0
Lutein + zeaxanthin		0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)		0.0		0	RPI	6		0.00	0.00	0.00
Vitamin E, added	_	0.0	0	0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0
Vitamin D		0		0	z	7		0	0	0
Vitamin K (phylloquinone)		0.0		0	RPI	6		0.0	0.0	0.0
Dihydrophylloquinone										
Menaquinone-4										

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Num ber			r			measures of food				
						Source C	onfidence					
Nutrients and Units	Mea	n St	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Lipids:												
Fatty acids, total saturated	.g	0.000		0	RPI	6		0.000	0.000	0.000		
4:0	•	0.000		0	RPI	6		0.000	0.000	0.000		
6:0		0.000		0	RPI	6		0.000	0.000	0.000		
8:0	-	0.000		0	RPI	6		0.000	0.000	0.000		
10:0		0.000		0	RPI	6		0.000	0.000	0.000		
12:0	-	0.000		0	RPI	6		0.000	0.000	0.000		
13:0 14:0	-	0.000		0	RPI	6		0.000	0.000	0.000		
15:0	-			·	141.1	Ü		0.000	0.000	0.000		
16:0	-	0.000		0	RPI	6		0.000	0.000	0.000		
17:0	-											
18:0	.g	0.000		0	RPI	6		0.000	0.000	0.000		
20:0	-											
22:0												
24:0				•		_						
Fatty acids, total monounsaturated		0.000		0	RPI	6		0.000	0.000	0.000		
14:1												
15:1 16:1 undifferentiated		0.000		0	RPI	6		0.000	0.000	0.000		
17:1				·		Ü		0.000	0.000	0.000		
18:1 undifferentiated		0.000		0	RPI	6		0.000	0.000	0.000		
20:1	-	0.000		0	RPI	6		0.000	0.000	0.000		
22:1 undifferentiated		0.000		0	RPI	6		0.000	0.000	0.000		
24:1 c	.g											
Fatty acids, total polyunsaturated	.g	0.000		0	RPI	6		0.000	0.000	0.000		
18:2 undifferentiated	-	0.000		0	RPI	6		0.000	0.000	0.000		
18:3 undifferentiated	•	0.000		0	RPI	6		0.000	0.000	0.000		
18:4	-	0.000		0	RPI	6		0.000	0.000	0.000		
20:2 n-6 c,c												
20:3 undifferentiated		0.000		0	RPI	6		0.000	0.000	0.000		
20:5 n-3 (EPA)		0.000		0	RPI	6		0.000	0.000	0.000		
21:5						· ·		0.000	0.000			
22:4	-											
22:5 n-3 (DPA)		0.000		0	RPI	6		0.000	0.000	0.000		
22:6 n-3 (DHA)	.g	0.000		0	RPI	6		0.000	0.000	0.000		
Fatty acids, total trans	.g											
Cholesterol		0		0	RPI	6		0	0	0		
Phytosterols	mg											
Amino Acids:												
Tryptophan	.g	0.000		0	RPA	1		0.000	0.000	0.000		
Threonine		0.024		0	RPA	1		0.032	0.005	0.128		
Isoleucine	.g	0.019		0	RPA	1		0.025	0.004	0.100		
Leucine	g	0.039		0	RPA	1		0.053	0.008	0.213		
Lysine	g	0.056		0	RPA	1		0.075	0.012	0.300		
Methionine		0.010		0	RPA	1		0.013	0.002	0.053		
Cystine		0.000		0	RPA	1		0.000	0.000	0.000		
Phenylalanine		0.028		0	RPA	1		0.037	0.006	0.150		
Tyrosine		0.005		0	RPA	1		0.007	0.001	0.026		
Valine		0.033		0	RPA	1		0.045	0.007	0.180		
Arginine		0.106		0 0	RPA RPA	1 1		0.143 0.014	0.022	0.573		
HistidineAlanine	•	0.128		0	RPA	1		0.014	0.002 0.027	0.058 0.693		
Aspartic acid	-	0.128		0	RPA	1		0.173	0.018	0.456		
Glutamic acid		0.140		0	RPA	1		0.114	0.018	0.757		
Glycine	•	0.305		0	RPA	1		0.412	0.064	1.649		
Proline		0.197		0	RPA	1		0.266	0.041	1.064		
Serine	•	0.042		0	RPA	1		0.056	0.009	0.225		
Hydroxyproline	-											
Others:												
Alcohol, ethyl	a	0.0		0	RPI	6		0.0	0.0	0.0		
Caffeine	•	0		0	RPI	6		0	0	0		
	-											

Gelatin desserts, dry mix, prepared with water

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: .5 cup Measure 2 = 21g: 1 serving

Measure 3 = 540g: 1 package 3 oz, yields 2 cups

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		AIII	ount in 10	Amount in edible portion of common						
				measures of food						
						Source	Confidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nutrients and Or	1113	Wicali	5ta. 🗖 1 01					Wicasure i	Weasure 2	Wieasure
Proximates:										
Water	g	1.93		0	FLC	4		0.12		
Energy		198		0	NC	4		13		
Energy	kJ	829		0	NC	4		53		
Protein (N x 5.55)		15.67		1	LC	8		1.00		
Total lipid (fat)		0.00		1	LC	8		0.00		
Ash		2.18		0	NR	4		0.14		
Carbohydrate, by difference	-	80.21		0	NC	4		5.13		
Fiber, total dietary		0.1		0	FLC	4		0.0		
Sugars, total		0.00		0	FLC	4		0.00		
Starch										
Minerals:										
Calcium, Ca	-	8		0	FLC	4		1		
Iron, Fe	-	0.06		0	FLC	4		0.00		
Magnesium, Mg		2		0	FLC	4		0		
Phosphorus, P		1293		0		4		83		
Potassium, K	-	14	1.4	459 7		1		1		
Sodium, Na	-	862		1	LC	8		55		
Zinc, Zn	-	0.00	_	0	FLC	4		0.00		
Copper, Cu		0.00		0	FLC	4		0.000		
Manganese, Mn	-	0.00	0	0	FLC	4		0.000		
Selenium, Se	µg	0.0		0	FLC	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	-	0.00	0	0	FLC	4		0.000		
Riboflavin		0.00	0	0	FLC	4		0.000		
Niacin	-	0.00	0	0	FLC	4		0.000		
Pantothenic acid	-	0.00	0	0	FLC	4		0.000		
Vitamin B-6	-	0.00	0	0	FLC	4		0.000		
Folate, total	-	0		0	FLC	4		0		
Folic acid		0		0	FLC	4		0		
Folate, food		0		0	FLC	4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total		0.0		0	0	4		0.0		
Betaine	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-12	-	0.00		0	FLC	4		0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		0		0	FLC	4		0		
Retinol		0		0	FLC	4		0		
Carotene, beta	· -	0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		0		0	FLC	4		0		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta				-	_	•				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0		0	z	7		0		
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0		
Dihydrophylloquinone				-				- 7 -		
Menaquinone-4										

	<u>Am ount</u>	in 100 grams	Amount in edible portion of common					
		Num be	r			<u>m</u>	easures of fo	<u>od</u>
					Confidence			
Nutrients and Units	Mean Std. I	error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	0.000	1	LC	8		0.000		
4:0g	0.000	0	FLC	4		0.000		
6:0	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g								
14:0g	0.000	0	FLC	4		0.000		
15:0g								
16:0g	0.000	0	FLC	4		0.000		
17:0								
18:0g	0.000	0	FLC	4		0.000		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	FLC	4		0.000		
14:1g								
15:1g								
16:1 undifferentiated	0.000	0	FLC	4		0.000		
17:1g								
18:1 undifferentiatedg	0.000	0	FLC	4		0.000		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.000	0	FLC	4		0.000		
18:2 undifferentiatedg	0.000	0	FLC	4		0.000		
18:3 undifferentiatedg	0.000	0	FLC	4		0.000		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	1	LC	8		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 6.4g: 1 serving

Calories Factors: Protein 0 Fat 0 Carbohydrate 2.47

Food Group: 19 Sweets

NDB No. 19703 Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Refuse:0%

Lipids:

		<u>An</u>	nount in 10	Amount in edible portion of common						
				Num be r				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	6.7	70	0		4		0.60	0.67	0.17
Water	_		, 0	0					0.67	9
Energy		345		U		4		31	35	
Energy		1443				4		130	144	36
Protein (N x 5.55)	g	55.3	30	0		4		4.98	5.53	1.38
Total lipid (fat)	g	0.0	00	1		4		0.00	0.00	0.00
Ash	g	4.7	70	0		4		0.42	0.47	0.12
Carbohydrate, by difference	g	33.3	30	0	NC	4		3.00	3.33	0.83
Fiber, total dietary	g	0.0)	0		4		0.0	0.0	0.0
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	<u>mg</u>	2		0		4		0	0	0
Iron, Fe	-	0.0)2	1		4		0.00	0.00	0.00
Magnesium, Mg		1		0		4		0	0	0
Phosphorus, P		0		0		1		0	0	0
Potassium, K		1985		0		1		179	199	50
Sodium, Na	-	2751		0		1		248	275	69
Zinc, Zn		0.0)7	1		4		0.01	0.01	0.00
Copper, Cu		1.0		1		4		0.091	0.102	0.02
Manganese. Mn.	-	0.0		1		4		0.004	0.005	0.00
Selenium, Se		25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:										
Vitamin C, total ascorbic acid	ma	490.0)	0		1		44.1	49.0	12.3
Thiamin	-	0.0	12	1		4		0.001	0.001	0.00
Riboflavin	-	0.1	.08	1		4		0.010	0.011	0.00
Niacin	-	0.0	140	1		4		0.004	0.004	0.00
Pantothenic acid		0.0		1		4		0.005	0.006	0.00
Vitamin B-6	-	0.0		1		4		0.004	0.005	0.00
Folate, total	_	14		1		4		1	1	0
Folic acid		0		0	z	7		0	0	0
Folate, food		14		1	-	4		1	1	0
Folate, DFE		14		0	NC	4		1	1	0
,		11		U	NC	-		1	1	U
Choline, total	-									
Betaine	-			•				0.00		
Vitamin B-12		0.0	00	0		4		0.00	0.00	0.00
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta	µg									
Vitamin A, IU		0		0		4		0	0	0
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

	<u>Amount i</u>	n 100 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. E	of Data _{Fror} Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg	0.000	0		4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	0	0		4		0	0	0
Amino Acids:								
Tryptophang	0.000	0		1		0.000	0.000	0.000
Threonineg	1.066	0		1		0.096	0.107	0.027
Isoleucineg	0.837	0		1		0.075	0.084	0.021
Leucineg	1.774	0		1		0.160	0.177	0.044
Lysineg	2.501	0		1		0.225	0.250	0.063
Methionineg	0.439	0		1		0.040	0.044	0.011
Cystineg	0.000	0		1		0.000	0.000	0.000
Phenylalanineg	1.256	0		1		0.113	0.126	0.031
Tyrosineg	0.219	0		1		0.020	0.022	0.005
Valineg	1.505	0		1		0.135	0.151	0.038
Arginineg	4.784	0		1		0.431	0.478	0.120
Histidineg	0.478	0		1		0.043	0.048	0.012
Alanineg	5.790	0		1		0.521	0.579	0.145
Aspartic acidg	3.807	0		1		0.343	0.381	0.095
Glutamic acidg	6.328	0		1		0.570	0.633	0.158
Glycineg	13.773	0		1		1.240	1.377	0.344
Prolineg	8.890	0		1		0.800	0.889	0.222
Serineg	1.884	0		1		0.170	0.188	0.047
Hydroxyprolineg								
Others:								
Alcohol, ethylg								
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19704 Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

Refuse:0%

Lipids:

		<u>Am</u>	ount in 10	<u>0 grams</u> Number		Amount in edible portion of common measures of food				
Nutrients and Ur	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.70		0		4		0.60	0.67	0.17
Energy	-	345		0		4		31	35	9
Energy		1443				4		130	144	36
Protein (N x 5.55)		55.30		0		4		4.98	5.53	1.38
Total lipid (fat)		0.00		1		4		0.00	0.00	0.00
Ash		4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference		33.30		0	NC	4		3.00	3.33	0.83
	-	0.0		0	NC	4		0.0	0.0	0.03
Fiber, total dietary		0.0		U		4		0.0	0.0	0.0
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	2		0		4		0	0	0
Iron, Fe	-	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg	mg	1		0		4		0	0	0
Phosphorus, P	mg	1293		0		4		116	129	32
Potassium, K	mg	14	1.	459 7		1		1	1	0
Sodium, Na	mg	158		0		1		14	16	4
Zinc, Zn	mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu	mg	1.01	6	1		4		0.091	0.102	0.025
Manganese, Mn	mg	0.04	9	1		4		0.004	0.005	0.001
Selenium, Se	µg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin	-	0.01	2	1		4		0.001	0.001	0.000
Riboflavin		0.10		1		4		0.010	0.001	0.003
Niacin	-	0.04		1		4		0.004	0.011	0.001
Pantothenic acid	-	0.05		1		4		0.005	0.004	0.001
Vitamin B-6	-	0.03		1		4		0.004	0.005	0.001
Folate, total	-	14		1		4		1	1	0.001
Folic acid		0		0	z	7		0	0	0
Folate, food		14		1	_	4		1	1	0
Folate, DFE		14		0	NC	4		1	1	0
Choline, total				Ū	NC	-		_	_	U
Betaine										
Vitamin B-12	-	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE		0.00		0	AS	1		0.00	0.00	0.00
Retinol		0		0	Z	7		0	0	0
		Ū		Ū		,		Ū	U	U
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta Vitamin A, IU		0		0		4		0	0	0
		U		U		-		U	U	U
LycopeneLutein + zeaxanthin										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D (D2 + D3) Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
-myaropnynoqumone	₩₩									

	<u>Am ount</u>	in 100 grams	of edib	Amount in 100 grams of edible portion						
		Number				<u>m</u>	easures of foc	<u>d</u>		
Nutrients and Units	Mean Std.	of Data Error Points		Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated	0.000	0		4		0.000	0.000	0.000		
Fatty acids, total trans	0	0		4		0	0	0		
Amino Acids:										
Tryptophang	0.000	0		1		0.000	0.000	0.000		
Threonine	1.066	0		1		0.096	0.107	0.027		
Isoleucine	0.837	0		1		0.075	0.084	0.021		
Leucineg	1.774	0		1		0.160	0.177	0.044		
Lysineg	2.501	0		1		0.225	0.250	0.063		
Methionineg	0.439	0		1		0.040	0.044	0.011		
Cystineg	0.000	0		1		0.000	0.000	0.000		
Phenylalanineg	1.256	0		1		0.113	0.126	0.031		
Tyrosineg	0.219	0		1		0.020	0.022	0.005		
Valineg	1.505	0		1		0.135	0.151	0.038		
Arginineg	4.784	0		1		0.431	0.478	0.120		
Histidine	0.478	0		1		0.043	0.048	0.012		
Alanineg	5.790	0		1		0.521	0.579	0.145		
Aspartic acidg	3.807	0		1		0.343	0.381	0.095		
Glutamic acidg	6.328	0		1		0.570	0.633	0.158		
Glycineg	13.773	0		1		1.240	1.377	0.344		
Prolineg	8.890	0		1		0.800	0.889	0.222		
Serineg	1.884	0		1		0.170	0.188	0.047		
Hydroxyprolineg										
Others:										
Alcohol, ethylg										
Caffeine mg	0	0	z	7		0	0	0		
Theobrominemg	0	0	z	7		0	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19176
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

		Am	ount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u> </u>	easures or 100	<u> </u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.7	4	0	RPI	6		110.84	444.32	
Energy	kcal	20		0	RPI	6		24	95	
Energy	kJ	85		0	RPI	6		99	396	
Protein	g	0.8	3	0	RPI	6		0.97	3.87	
Total lipid (fat)	g	0.0	0	0	RPI	6		0.00	0.00	
Ash	g	0.2	1	0	RPI	6		0.25	1.00	
Carbohydrate, by difference	g	4.2	2	0	RPI	6		4.94	19.81	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g	0.0	0	0	RPI	6		0.00	0.00	
Starch										
	_									
Minerals:										
Calcium, Ca	_	3	_	0	RPI	6		3	13	
Iron, Fe		0.0	1	0	RPI	6		0.01	0.03	
Magnesium, Mg		1		0	RPI	6		1	3	
Phosphorus, P		68		0	RPI	6		80	319	
Potassium, K		1		0	RPA	1		1	4	
Sodium, Na	_	48	0	0	RPI	6		56	223	
Zinc, Zn		0.0		0	RPI RPI	6 6		0.01 0.008	0.02 0.031	
Copper, Cu		0.0		0	RPI	6		0.008	0.031	
Selenium. Se	_	0.0		0	RPI	6		0.00	0.002	
Seienium, Se	µg	0.0		U	RPI	0		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	
Thiamin	mg	0.0	00	0	RPI	6		0.000	0.000	
Riboflavin	mg	0.0	00	0	RPI	6		0.000	0.000	
Niacin	mg	0.0		0	RPI	6		0.000	0.000	
Pantothenic acid	mg	0.0		0	RPI	6		0.000	0.000	
Vitamin B-6	mg	0.0	00	0	RPI	6		0.000	0.000	
Folate, total		0		0	RPI	6		0	0	
Folic acid		0		0	RPI	6		0	0	
Folate, food		0		0	RPI	6		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total	_	0.0		0	Z	7		0.0	0.0	
Betaine	_		_			_				
Vitamin B-12		0.0		0	RPI	6		0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE		0		0	RPI	6		0	0	
Retinol		0		0	RPI	6		0	0	
Carotene, beta		0		0	RPI	6		0	0	
Carotene, alpha		0		0	RPI	6		ŭ	0	
Cryptoxanthin, beta		0		0	RPI	6		0	0	
Vitamin A, IU		0		0	RPI	6		0	0	
Lycopene		0		0	RPI RPI	6 6		0	0	
Lutein + zeaxanthin		0.0	0	0	RPI	6		0.00	0.00	
Vitamin E (alpha-tocopherol)		0.0		0	RP1 Z	7		0.00	0.00	
Vitamin E, added		0.0	U	U	Z	,		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Tocoprierol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone				•		-			•••	
Menaquinone-4										

	<u>Amount in</u>	100 grams		Amount in edible portion of common measures of food				
		Numbe	r			<u>m</u>	easures of foo	<u>oa</u>
Nutrients and Units	Mean Std. E	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	0.000	0	RPI	6		0.000	0.000	
4:0g	0.000	0	RPI	6		0.000	0.000	
6:0g	0.000	0	RPI	6		0.000	0.000	
8:0g	0.000	0	RPI	6		0.000	0.000	
10:0g	0.000	0	RPI	6		0.000	0.000	
12:0	0.000	0	RPI	6		0.000	0.000	
13:0g	0.000	· ·		Ü		0.000	0.000	
14:0g	0.000	0	RPI	6		0.000	0.000	
15:0g	0.000	·	Kr I	Ü		0.000	0.000	
-	0.000	0	RPI	6		0.000	0.000	
16:0g	0.000	U	KPI	0		0.000	0.000	
17:0g	2 222	0		6		0.000	0.000	
18:0g	0.000	U	RPI	0		0.000	0.000	
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	RPI	6		0.000	0.000	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	RPI	6		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.000	0	RPI	6		0.000	0.000	
20:1g	0.000	0	RPI	6		0.000	0.000	
22:1 undifferentiatedg	0.000	0	RPI	6		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0	RPI	6		0.000	0.000	
18:2 undifferentiatedg	0.000	0	RPI	6		0.000	0.000	
18:3 undifferentiated	0.000	0	RPI	6		0.000	0.000	
18:4g	0.000	0	RPI	6		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	RPI	6		0.000	0.000	
21:5g	01000	· ·		•		0.000	0.000	
22:4g								
22:5 n-3 (DPA)g	0.000	0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)g	0.000	0	RPI	6		0.000	0.000	
	0.000	U	KPI	U		0.000	0.000	
Fatty acids, total trans	0	0	RPI	6		0	0	
	U	U	KPI	ь		U	U	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	RPI	6		0.0	0.0	
Caffeinemg	0	0	RPI	6		0	0	
Theobrominemg	0	0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19702 Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Refuse:0%

		<u>Am</u>	ount in 100	grams	of edi	ble portion		Amount in edible portion of common			
			Nu	ımbe	r			<u>m</u>	easures of fo	od	
			0	f Data	Deriv	Source Co	nfidence				
Nutrients and Un	its	Mean	Std. Error F				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	1.00	0.02			1		0.85	0.21		
Energy	kcal	381		0		4		324	80		
Energy	kJ	1594				4		1355	335		
Protein (N x 5.55)	g	7.80	0.03	1 84		1		6.63	1.64		
Total lipid (fat)	g	0.00)	1		4		0.00	0.00		
Ash		0.70	0.01	6 84		1		0.60	0.15		
Carbohydrate, by difference	_	90.50)	0	NC	4		76.93	19.01		
Fiber, total dietary		0.0		0		4		0.0	0.0		
•		0.0		·		-		0.0	0.0		
Sugars, totalStarch	_										
Minerals:											
Calcium, Ca	ma	3	0.10	2 9		1		3	1		
,	_	0.15		2 9 1		4		0.13	0.03		
Iron, Fe	-	2	,	1		4		0.13	0.03		
Magnesium, Mg						4			-		
Phosphorus, P		142		1		-		121	30		
Potassium, K	-	7	0.96	6 17		1		6	1		
Sodium, Na		491		0		1		417	103		
Zinc, Zn		0.01		2		1		0.01	0.00		
Copper, Cu	mg	0.11		1		1		0.100	0.025		
Manganese, Mn	mg	0.01	.6	1		4		0.014	0.003		
Selenium, Se	µg	3.6		0	BFPN	4		3.1	0.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	62.8		0		1		53.4	13.2		
Thiamin	mg	0.00	2	1		4		0.002	0.000		
Riboflavin	mg	0.02	21	1		4		0.018	0.004		
Niacin	mg	0.00	8	1		4		0.007	0.002		
Pantothenic acid	mg	0.01	.1	1		4		0.009	0.002		
Vitamin B-6	mg	0.01	.0	1		4		0.009	0.002		
Folate, total	ug	3		1		4		3	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		3		1		4		3	1		
Folate, DFE		3		0	NC	4		3	1		
Choline, total		•		·	110	-		3	-		
,											
Betaine	_	0.00		1		4		0.00	0.00		
Vitamin B-12			,								
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU	IU	0		1		4		0	0		
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µg µg										

Lipids:

	Amount in 100 grams of edible portion Number							
Nutrients and Units	Mean Std. Err	of Data D or Points C		urce Confidenc ode Code	e Measure 1	Measure 2	Measure 3	
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg	0.000	0		4	0.000	0.000		
Fatty acids, total polyunsaturated	0	1		4	0	0		
Amino Acids: Tryptophang	0.000	0		1	0.000	0.000		
Threonineg	0.151	0		1	0.128	0.032		
Isoleucineg	0.118	0		1	0.100	0.025		
Leucineg	0.251	0		1	0.213	0.053		
Lysineg	0.354	0		1	0.301	0.074		
Methionineg	0.062	0		1	0.053	0.013		
Cystineg	0.000	0		1	0.000	0.000		
Phenylalanineg	0.177	0		1	0.150	0.037		
Tyrosineg	0.031	0		1	0.026	0.007		
Valineg	0.213	0		1	0.181	0.045		
Arginineg	0.676	0		1	0.575	0.142		
Histidineg	0.068	0		1	0.058	0.014		
Alanineg	0.818	0		1	0.695	0.172		
Aspartic acidg	0.538	0		1	0.457	0.113		
Glutamic acidg	0.894	0		1	0.760	0.188		
Glycineg	1.947	0		1	1.655	0.409		
Prolineg	1.256	0		1	1.068	0.264		
Serineg	0.266	0		1	0.226	0.056		
Hydroxyprolineg								
Others:								
Alcohol, ethylg								
Caffeinemg	0	0	Z	7	0	0		
Theobrominemg	0	0	Z	7	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 19 Sweets

		Am	ount in 10	u gram s	or edi	pie portic	<u>on</u>	Amount in e	dible portion	of common	
				Number				measures of food			
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nati lents and on	11.5	Wean	ota. E i oi					weasure i	Wedsure 2	weasure	
Proximates:											
Water	g	13.00		1		4		0.91	3.64		
Energy	kcal	335		0		4		23	94		
Energy	kJ	1402		0		4		98	392		
Protein (N x 5.55)		85.60		1		4		5.99	23.97		
Total lipid (fat)	g	0.10		1		4		0.01	0.03		
Ash		1.30		1		4		0.09	0.36		
Carbohydrate, by difference	-	0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.00		0	NR	4		0.00	0.00		
Starch											
	5										
Minerals:											
Calcium, Ca	<u>mg</u>	55		2		1		4	15		
Iron, Fe	-	1.11		2		1		0.08	0.31		
Magnesium, Mg	mg	22		2		1		2	6		
Phosphorus, P		39		2		1		3	11		
Potassium, K	-	16		2		1		1	4		
Sodium, Na	-	196		2		1		14	55		
Zinc, Zn		0.14		2		1		0.01	0.04		
Copper, Cu		2.16		2		1		0.151	0.605		
Manganese, Mn		0.10	5	2		1		0.007	0.029		
Selenium, Se	µg	39.5		1	A	1		2.8	11.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		2		1		0.0	0.0		
Thiamin	-	0.02	5	2		1		0.002	0.007		
Riboflavin		0.23		2		1		0.016	0.064		
Niacin	-	0.08		2		1		0.006	0.024		
Pantothenic acid	-	0.12		2		1		0.009	0.024		
Vitamin B-6	-	0.00		1		4		0.000	0.002		
Folate, total	-	30	•	2		1		2	8		
Folic acid		0		0	z	7		0	0		
Folate, food		30		2	_	1		2	8		
Folate, DFE		30		0	NC	4		2	8		
Choline, total		38.5		0	0	4		2.7	10.8		
Betaine	-	30.3		·	Ů	-			10.0		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin B-12, added		0.00		0	z	7		0.00	0.00		
Vitamin A, RAE		0.00		0	AS	1		0	0.00		
Retinol		0		0	Z	7		0	0		
Carotene, beta		0		0	NR	4		0	0		
Carotene, alpha		0		0	NR	4		0	0		
		0		0	NR	4		0	0		
Cryptoxanthin, beta Vitamin A, IU		0		2	MK	1		0	0		
		0		0	NR	4		0	0		
Lycopene Lutein + zeaxanthin		0		0	NR NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00		
Vitamin E (alpha-tocopheror) Vitamin E, added		0.00		0	Z	7		0.00	0.00		
		0.00		U	2	,		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, alpila											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
		0		0	Z	7		0.0	0.0		
Vitamin D		0.0		0	Z	7		0.0			
Vitamin K (phylloquinone) Dihydrophylloquinone		0.0		U	4	,		0.0	0.0		
LUDVATORNYHOAHINONA	uu										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 0.070 0 1 0.005 0.020 4:0......g 0.000 0 1 0.000 0.000 6:0.....g 0.000 0 0.000 0.000 0 0.000 0.000 1 0.000 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 0.000 1 0.000 0.000 12:0.....g 1 13:0.....g 0.010 1 1 0.001 0.003 14:0.....g 0.040 1 1 0.003 16·0 a 0.011 17:0.....g 0.030 1 0.002 0.008 18:0.....g 20:0.....g 24:0.....g 0.060 0 1 0.004 0.017 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.010 1 1 0.001 0.003 17:1.....g 0.050 1 1 18:1 undifferentiated......g 0.004 0.014 0.000 0.000 20:1.....g 1 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.010 0 1 0.001 0.003 0.000 0.000 0.000 18:2 undifferentiated....... 1 1 0.000 1 1 0.000 0.000 18:3 undifferentiated......g 0.000 18:4.....g 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 1 20:5 n-3 (EPA).....g 0.000 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 4 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.000 0 0.000 0.000 1 0.103 Threonine.....g 1.475 0 1 0.413 Isoleucine.....g 1.158 0 1 0.081 0.324 0.172 2.454 0 1 0.687 0 Lysine.....g 3.460 1 0.242 0.969 Methionine.....g 0.606 0 1 0.042 0.170 0.000 Cystine.....g 0.000 0 1 0.000 0 0.122 0.486 Phenylalanine.....g 1.737 1 0.303 0 1 0.021 0.085 Tyrosine.....g 0 0.146 Valine.....g 2.081 1 0.583 6.616 0 1 0.463 Arginine.....g 1.852 Histidine.....g 0.662 0 1 0.046 0.185 0 1 0.561 Alanine.....g 8.009 2.243 Aspartic acid......g 5.265 0 1 0.369 1.474 0.613 8.753 0 1 2.451 Glutamic acid.....g 19.049 0 1 1.333 5.334 0 1 12,295 0.861 Proline.....g 3.443 1 0.182 0.729 Serine.....g 2.605 0 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 7 0.0 0.0 z Caffeine....mg

Gelatins, dry powder, unsweetened

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1 Measure 2 Measure 3

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

food, or similar food.

Common Measures: Measure 1 = 7.0g: 1 envelope (1 tbsp) Measure 2 = 28g: 1 package (1 oz)

Calories Factors: Protein 3.9

Fat 9.02

Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				Number					easures of fo	
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:			_							
Water		15.0	0	0		4		4.25		
Energy		332		0	NC	4		94		
Energy		1390	_	0	NC	4		394		
Protein		4.6		0		4		1.30		
Total lipid (fat)		0.5		0		4		0.14		
Ash	_	2.6		0	NR	4		0.74		
Carbohydrate, by difference	g	77.3	0	0	NC	4		21.91		
Fiber, total dietary	g	77.3		0		4		21.9		
Sugars, total	g	0.0	0	0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	_	294	•	0		4		83		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	U	0		7		0.00		
Magnesium, Mg		0		0		7		0		
Phosphorus, P		0		0		7 7		0		
Potassium, K Sodium, Na		125		0		4		35		
Zinc, Zn	_	0.0	0	0		7		0.00		
Copper, Cu	_	0.0		0		7		0.000		
Manganese, Mn		0.0	00	·		,		0.000		
Selenium, Se	_	0.0		0	z	7		0.0		
•		• • • • • • • • • • • • • • • • • • • •		·	_	•				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0		
Thiamin		0.0		0		7		0.000		
Riboflavin	_	0.0		0		7		0.000		
Niacin	_	0.0	00	0		7		0.000		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •					_				
Vitamin B-6	_	0.0	00	0		7		0.000		
Folate, total		0		0	Z	7 7		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		0	NC	4		0		
Folate, DFE		0.0		0	NC Z	7		0.0		
Choline, total		0.0		U	4	,		0.0		
Betaine Vitamin B-12	-	0.0	0	0		7		0.00		
Vitamin B-12. added		0.0		0	z	7		0.00		
Vitamin A, RAE		0	O	0	AS	1		0		
Retinol		0		0	7.	7		0		
Carotene, beta		0		0	Z	7		0		
Carotene, alpha		0		0	z	, 7		0		
Cryptoxanthin, beta		0		0	z	, 7		0		
Vitamin A, IU		0		0	_	, 7		0		
Lycopene		0		0	z	7		0		
Lutein + zeaxanthin		0		0	z	, 7		0		
Vitamin E (alpha-tocopherol)		0.0	0	0	z	, 7		0.00		
Vitamin E, added		0.0		0	z	7		0.00		
Tocopherol, beta				-	=					
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0		0	z	7		0		
Vitamin K (phylloquinone)		0.0		0	z	7		0.0		
Dihydrophylloquinone										
/ · · · · · · · · · · · · · · · · · · ·										

	<u>Am ou</u>	nt in 100 grams	of edi	Amount in edible portion of common				
		Num ber	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Sto	d. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	0.060	0		4		0.017		
4:0g	0.000	0		4		0.000		
6:0g	0.000	0		4		0.000		
8:0g	0.000	0		4		0.000		
10:0g	0.000	0		4		0.000		
12:0g	0.000	0		4		0.000		
13:0g								
14:0g	0.000	0		4		0.000		
15:0g								
16:0g	0.057	0		4		0.016		
17:0g								
18:0g	0.000	0		4		0.000		
20:0g								
22:0g								
24:0g	0.220	0		4		0.050		
Fatty acids, total monounsaturatedg	0.220	U		4		0.062		
14:1g								
15:1	0.000	0		4		0.000		
16:1 undifferentiatedg	0.000	U		4		0.000		
18:1 undifferentiated	0.224	0		4		0.064		
20:1g	0.000	0		4		0.000		
22:1 undifferentiatedg	0.000	0		4		0.000		
24:1 cg	0.000	Ū		*		0.000		
Fatty acids, total polyunsaturatedg	0.070	0		4		0.020		
18:2 undifferentiated	0.067	0		4		0.019		
18:3 undifferentiatedg	0.001	0		4		0.000		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000		
20:5 n-3 (EPA)g	0.000	0		4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0		4		0.000		
22:6 n-3 (DHA)g	0.000	0		4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0		7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 100 g	rams	Amount in edible portion of common					
			Nu	m be	r			<u>m</u>	easures of fo	od_
			of	Data	Deriv	Source Co	onfidence			
Nutrients and Ur	nits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	17.10	0.071	509		1		57.97	3.59	2.39
Energy	_	304	0.071	. 505	NC	4		1031	64	43
Energy		1272		0	NC	4		4312	267	178
Protein (N x 6.25)		0.30	0.007			1		1.02	0.06	0.04
		0.00				1		0.00	0.00	0.00
Total lipid (fat)		0.20				1		0.68		0.03
Ash	-	82.40		0	wa	4		279.34	0.04 17.30	11.54
Carbohydrate, by difference		0.2		0	NC	4		0.7	0.0	0.0
Fiber, total dietary		82.12		0	NTD.	4		278.39		
Sugars, total		0.89			NR	13			17.25	11.50
Sucrose					AI			3.00	0.19	0.12
Glucose (dextrose)		35.75		1	AI	13		121.20	7.51	5.01
Fructose	g	40.94		1	AI	13		138.80	8.60	5.73
Lactose										
Maltose	g	1.44			AI	13		4.88	0.30	0.20
Galactose		3.10		1	AI	13		10.51	0.65	0.43
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.396	13		1		20	1	1
Iron, Fe	mg	0.42	0.110	14		1		1.42	0.09	0.06
Magnesium, Mg	mg	2	0.159	14		1		7	0	0
Phosphorus, P	mg	4	0.348	13		1		14	1	1
Potassium, K	<u>mg</u>	52	9.923	14		1		176	11	7
Sodium, Na	<u>mg</u>	4	0.560	14		1		14	1	1
Zinc, Zn	mg	0.22	0.042	12		1		0.75	0.05	0.03
Copper, Cu		0.03	6 0.008	14		1		0.122	0.008	0.00
Manganese, Mn	mg	0.08	0 0.026			1		0.271	0.017	0.01
Selenium, Se	µg	0.8		2	A	1		2.7	0.2	0.1
Vitamins:										
Vitamin C, total ascorbic acid	-	0.5	0.141	. 4		1		1.7	0.1	0.1
Thiamin	mg	0.00		1		4		0.000	0.000	0.00
Riboflavin	mg	0.03				1		0.129	0.008	0.00
Niacin		0.12	1 0.025	4		1		0.410	0.025	0.01
Pantothenic acid		0.06				1		0.231	0.014	0.01
Vitamin B-6	mg	0.02	4 0.005			1		0.081	0.005	0.00
Folate, total		2		1		1		7	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	2		1		1		7	0	0
Folate, DFE		2		0	NC	4		7	0	0
Choline, total	-	2.2		1	A	1		7.3	0.5	0.3
Betaine	-	1.7		1	A	1		5.7	0.4	0.2
Vitamin B-12		0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta		0		0	Z	7		0	0	0
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		0		1		4		0	0	0
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	ma									

	Amount in	100 grams of ed	ible portion		edible portion of easures of foo	
Nutrients and Units	Mean Std. Err		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg						
Tocotrienol, delta	0.0	0 z	7	0.0	0.0	0.0
Vitamin D	0	0 Z	7	0	0	0
Vitamin K (phylloquinone)µg	0.0	2 JA	6	0.0	0.0	0.0
Dihydrophylloquinoneµg						
Menaquinone-4µg						
<u>Lipids:</u>						
Fatty acids, total saturatedg	0.000	0 0	1 4	0.000	0.000	0.000
4:0g 6:0g	0.000 0.000	0	4	0.000	0.000 0.000	0.000
8:0g	0.000	0	4	0.000	0.000	0.000
10:0g	0.000	0	4	0.000	0.000	0.000
12:0g	0.000	0	4	0.000	0.000	0.000
13:0g	0.000	•	4			0.000
14:0g 15:0g	0.000	0	4	0.000	0.000	0.000
16:0g	0.000	0	4	0.000	0.000	0.000
17:0g						
18:0g	0.000	0	4	0.000	0.000	0.000
20:0g						
22:0g 24:0g						
Fatty acids, total monounsaturatedg	0.000	0	7	0.000	0.000	0.000
14:1g						
15:1g						
16:1 undifferentiated	0.000	0	4	0.000	0.000	0.000
17:1g 18:1 undifferentiatedg	0.000	0	4	0.000	0.000	0.000
20:1g	0.000	0	4	0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0	4	0.000	0.000	0.000
24:1 cg						
Fatty acids, total polyunsaturatedg	0.000 0.000	0 0	7 4	0.000	0.000	0.000
18:2 undifferentiatedg 18:3 undifferentiatedg	0.000	0	4	0.000	0.000 0.000	0.000
18:4g	0.000	0	4	0.000	0.000	0.000
20:2 n-6 c,cg						
20:3 undifferentiatedg		_				
20:4 undifferentiated	0.000 0.000	0 0	4	0.000	0.000 0.000	0.000
20:5 n-3 (EPA)	0.000	U	4	0.000	0.000	0.000
22:4g						
22:5 n-3 (DPA)g	0.000	0	4	0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	0	4	0.000	0.000	0.000
Fatty acids, total transg Cholesterolg mg	0	1	4	0	0	0
Phytosterols mg	Ü	-	*	v	Ū	O .
Amino Acids:						
Tryptophang	0.004	0	1	0.014	0.001	0.001
Threonineg	0.004	0	1	0.014	0.001	0.001
Isoleucineg	0.008	0	1	0.027	0.002	0.001
Leucine	0.010	0	1	0.034	0.002	0.001
Lysine	0.008	0 0	1 1	0.027	0.002	0.001
Methionineg Cystineg	0.001 0.003	0	1	0.003 0.010	0.000 0.001	0.000
Phenylalanine	0.003	0	1	0.010	0.001	0.002
Tyrosineg	0.008	0	1	0.027	0.002	0.001
Valineg	0.009	0	1	0.031	0.002	0.001
Arginineg	0.005	0	1	0.017	0.001	0.001
Histidine	0.001 0.006	0 0	1 1	0.003 0.020	0.000 0.001	0.000 0.001
Aspartic acid	0.027	0	1	0.020	0.001	0.001
Glutamic acidg	0.018	0	1	0.061	0.004	0.003

	Amount in	100 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Err			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Glycineg	0.007	0		1		0.024	0.001	0.001
Proline	0.090 0.006	0		1		0.305 0.020	0.019 0.001	0.013
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 339g: 1 cup Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.68

Food Group: 19 Sweets

		Amount in	100 grams	of edik	ole porti	<u>on</u>	Amount in edible portion of common		
			Numbei	r				easures of fo	
					Source	Confidence			
Nutrients and Uni	ito	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on	its	Wiedli Stu. Eli	Of Tollits	Oouc	Jouc	Oouc	weasure i	WedSure 2	wieasure 3
Proximates:									
Water	g	63.20	0	0	4		42.98		
Energy		136	1	MC	9		92		
Energy	kJ	568	0	MC	9		386		
Protein (N x 6.25)		3.89	1	MC	9		2.65		
Total lipid (fat)		2.17	1	MC	9		1.48		
Ash		0.56	0	BFFN	4		0.38		
Carbohydrate, by difference	-	30.18	1	MC	9		20.52		
Fiber, total dietary		5.8	1	MC	9		3.9		
Sugars, total		20.29	1	MC	9		13.80		
Starch									
Surci	9								
Minerals:									
Calcium, Ca	_	126	1	MC	9		86		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.84	1	MC	9		0.57		
Magnesium, Mg	mg								
Phosphorus, P									
Potassium, K									
Sodium, Na	_	75	1	MC	9		51		
Zinc, Zn	_								
Copper, Cu									
Manganese, Mn	_								
Selenium, Se	µg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7	1	MC	9		0.5		
Thiamin									
Riboflavin	_								
Niacin	_								
Pantothenic acid									
Vitamin B-6									
Folate, total									
Folate, DFE									
Choline, total	mg								
Betaine									
Vitamin B-12									
Vitamin A, RAE									
Vitamin A, IU		255	1	MC	9		174		
Lycopene									
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta									
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D (D2 + D3)	µg								
Vitamin D	JU								
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	hg								
Lipids:									
Fatty acids, total saturated	a	1.380	1	MC	9		0.938		
Fatty acids, total monounsaturated	-		_		-				
Fatty acids, total monounsaturated									
Fatty acids, total trans									
Cholesterol		7	1	MC	9		5		
Phytosterols		÷	_		-		-		
1 11y 103101013	9								

Ice creams, BREYERS, 98% Fat Free Chocolate

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Common Measures:

food, or similar food.

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source C	Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:	a	63.4	2	0	0	4		43.13		
Water		137	2	1	MC	9		93		
23		574		0	MC	9		390		
Energy		3.3	n	1	MC	9		2.24		
Protein (N x 6.25)				1		9				
Total lipid (fat)	-	2.20 0.5		0	MC FLC	4		1.50 0.39		
Ash	-			1	MC	9				
Carbohydrate, by difference		30.53 5.4		1	MC	9		20.75 3.7		
Fiber, total dietary				1		9				
Sugars, total		20.9	3	1	MC	9		14.23		
Starch	9									
Minerals: Calcium, Ca	ma	122		1	MC	9		83		
Iron, Fe	-	0.09	9	1	MC	9		0.06		
Magnesium, Mg	-	0.0.	-	-	210	,		0.00		
Phosphorus, P										
Potassium, K	-									
Sodium, Na		73		1	MC	9		49		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn	mg									
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		1	MC	9		0.5		
Thiamin		0.0		_	м	,		0.5		
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Choline, total										
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU	JU	268		1	MC	9		182		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta Vitamin D (D2 + D3)										
Vitamin D (D2 + D3) Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
Lipids:	~		1.0	_		•		0 0=0		
Fatty acids, total saturated		1.43	TO	1	MC	9		0.959		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans Cholesterol		8		1	MC	9		5		
CHOICSTEIOI		0		_	MC	9		5		

Ice creams, BREYERS, 98% Fat Free Vanilla

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		Amount	in 100 grams	ot edik	ole porti	<u>on</u>	Amount in edible portion of common		
			Num be i	•				easures of fo	
					Source	Confidence			
Nutrients and Uni	ite	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on		Weari Stu.					Wicasure i	Wiedsule 2	Wiedsure
Proximates:									
Water	g	56.58	0	0	4		38.48		
Energy		201	1	MC	9		136		
Energy	kJ	839	0	MC	9		571		
Protein (N x 6.25)		5.30	1	MC	9		3.60		
Total lipid (fat)		7.28	1	MC	9		4.95		
Ash		1.16	0	BFFN	4		0.79		
Carbohydrate, by difference	_	29.68	1	MC	9		20.18		
Fiber, total dietary		1.0	1	MC	9		0.6		
Sugars, total		24.04	1	MC	9		16.35		
Starch									
Minerals:									
Calcium, Ca	_	158	1	MC	9		107		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.85	1	MC	9		0.58		
Magnesium, Mg	mg								
Phosphorus, P									
Potassium, K	•								
Sodium, Na	_	75	1	MC	9		51		
Zinc, Zn									
Copper, Cu									
Manganese, Mn	_								
Selenium, Se	µg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.0	1	MC	9		0.7		
Thiamin									
Riboflavin	_								
Niacin	_								
Pantothenic acid									
Vitamin B-6									
Folate, total									
Folate, DFE									
Choline, total									
Betaine									
Vitamin B-12									
Vitamin A, RAE									
Vitamin A, IU		446	1	MC	9		303		
Lycopene									
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha	_								
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta	mg								
Vitamin D (D2 + D3)	µg								
Vitamin D	<u>IU</u>								
Vitamin K (phylloquinone)	µg								
Dihydrophylloquinone	pg								
Menaquinone-4	µg								
Lipids:									
Fatty acids, total saturated	а	4.280	1	MC	9		2.910		
Fatty acids, total monounsaturated		1.200	_	II.C	,		2.710		
Fatty acids, total polyunsaturated									
Fatty acids, total polyunsaturated Fatty acids, total trans									
Cholesterol		41	1	MC	9		28		
Phytosterols			-		,		20		
1 11y1081C1018	9								

Ice creams, BREYERS, All Natural Light French Chocolate

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole portic	<u>on</u>		edible portion easures of foo	
				Num ber		Source	Confidence	<u> </u>	easures or roo	<u>5a</u>
Nutrients and Unit	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.7	1	0	0	4		42.64		
Energy	kcal	173		1	MC	9		117		
Energy	kJ	723		0	MC	9		491		
Protein (N x 6.25)	g	4.8	2	1	MC	9		3.28		
Total lipid (fat)	g	5.5	6	1	MC	9		3.78		
Ash	g	0.8	В	0	FLC	4		0.60		
Carbohydrate, by difference	g	26.0	3	1	MC	9		17.70		
Fiber, total dietary	g	0.2		1	MC	9		0.1		
Sugars, total	g	21.1	1	1	MC	9		14.35		
Starch										
	_									
Minerals:										
Calcium, Ca	_	155	_	1	MC	9		106		
Iron, Fe		0.2	l	1	MC	9		0.14		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	_					•				
Sodium, Na	_	73		1	MC	9		50		
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn Selenium, Se										
Selemun, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>m</u> g	0.9		1	MC	9		0.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Choline, total	_									
Betaine										
Vitamin B-12										
Vitamin A, RAE		400				•		220		
Vitamin A, IU		489		1	MC	9		332		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone										
Menaquinone-4										
Linida										
Lipids:		3.0	20	-	V C	•		2 102		
Fatty acids, total saturated		3.2	20	1	MC	9		2.190		
Fatty acids, total monounsaturated										
Fatty saids total trans										
Fatty acids, total trans		53		1	MC	9		36		
		33		_	PIC	,		30		
Phytosterols										

Ice creams, BREYERS, All Natural Light French Vanilla

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Nutrients and Units

Std. Error Points Code Code Code Mean

Measure 1

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole portio	<u>on</u>		edible portion easures of fo	
				Number		_		<u> </u>	easures or ro	<u>5u</u>
							Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.1	L	0	0	4		40.20		
Energy	kcal	196		1	MC	9		134		
Energy	kJ	822		0	MC	9		559		
Protein (N x 6.25)	g	4.6	9	1	MC	9		3.19		
Total lipid (fat)	g	7.0	9	1	MC	9		4.82		
Ash	g	0.7	2	0	FLM	4		0.49		
Carbohydrate, by difference	g	28.3	9	1	MC	9		19.31		
Fiber, total dietary	g	0.6		1	MC	9		0.4		
Sugars, total		25.3	3	1	MC	9		17.26		
Starch										
	_									
Minerals:										
Calcium, Ca	-	160	_	1	MC	9		109		
Iron, Fe		0.5	2	1	MC	9		0.35		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-			_		•				
Sodium, Na	-	67		1	MC	9		46		
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1	MC	9		1.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU	<u>I</u> U	404		1	MC	9		275		
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	1. 7									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µ9									
Lipids:										
Fatty acids, total saturated	g	4.4	30	1	MC	9		3.046		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		15		1	MC	9		10		
Phytosterols	ma									

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:	_	54.0	•	•	a			44 12		
Water		64.8 162	9	0 1	FLC MC	4 9		44.13		
Energy				0				110		
Energy		678		-	MC	9		461		
Protein (N x 6.25)		4.8		1	MC	9		3.29		
Total lipid (fat)	_	4.5		1	MC	9		3.12		
Ash	_	0.3		0	0	4		0.26		
Carbohydrate, by difference		25.3		1	MC	9		17.20		
Fiber, total dietary		0.2		1	MC	9		0.1		
Sugars, total		22.7	8	1	MC	9		15.49		
Starch	g									
Minerals: Calcium, Ca	ma	169		1	мс	9		115		
Iron, Fe	_	0.0	6	1	MC	9		0.04		
Magnesium, Mg	-	0.0	•	1	MC	9		0.04		
Phosphorus, P	_									
Potassium, K	_									
Sodium, Na		71		1	MC	9		48		
Zinc, Zn	_			_		-				
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	_									
Vitamins:										
	ma	1.1		1	MC	9		0.7		
Vitamin C, total ascorbic acid Thiamin		1.1		_	МС	,		0.7		
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Choline, total										
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU	JU	437		1	MC	9		297		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
_	F									
Lipids:		_				_				
Fatty acids, total saturated		2.8	60	1	MC	9		1.945		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g				MC					
Cholesterol	·	15		1		9		10		

Ice creams, BREYERS, All Natural Light Vanilla

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am our</u>	nt in 100 grams	of edil	ole porti	<u>on</u>	Amount in e	dible portion	of common
			Num be i	•				easures of fo	
					Source	Confidence			
Nutrients and Un	ite	Mean Sto	I. Error Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Mean St	1. E O 1 O	0000			weasure i	Wedsure 2	Weasure
Proximates:									
Water	g	63.32	0	0	4		43.06		
Energy	kcal	161	1	MC	9		109		
Energy	kJ	673	0	MC	9		458		
Protein (N x 6.25)	g	4.69	1	MC	9		3.19		
Total lipid (fat)	g	4.35	1	MC	9		2.96		
Ash	g	1.58	0	FLM	4		1.07		
Carbohydrate, by difference	g	26.06	1	MC	9		17.72		
Fiber, total dietary	g	0.4	1	MC	9		0.3		
Sugars, total	g	22.47	1	MC	9		15.28		
Starch									
Minerals:									
Calcium, Ca	_	158	1	MC	9		108		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.31	1	MC	9		0.21		
Magnesium, Mg	_								
Phosphorus, P									
Potassium, K	•		_		•		4-		
Sodium, Na	_	69	1	MC	9		47		
Zinc, Zn									
Copper, Cu									
Manganese, Mn	_								
Selenium, Se	µg								
Vitamins:									
Vitamin C, total ascorbic acid	<u>m</u> g	1.7	1	MC	9		1.1		
Thiamin	mg								
Riboflavin	mg								
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	µg								
Folate, DFE	µg								
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg								
Vitamin A, RAE	µg								
Vitamin A, IU	<u>IU</u>	417	1	MC	9		284		
Lycopene	µg								
Lutein + zeaxanthin	µg								
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Tocotrienol, alpha									
Tocotrienol, beta	mg								
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								
Lipids:									
Fatty acids, total saturated	g	2.700	1	MC	9		1.836		
Fatty acids, total monounsaturated			_		-		,		
Fatty acids, total polyunsaturated									
Fatty acids, total trans									
Cholesterol		14	1	MC	9		10		
Phytosterols		= -	_		-		-*		
- 1. _j 105101015	9								

Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole portic	<u>on</u>		edible portion	
				Number		_		<u>m</u>	easures of for	<u> </u>
							Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.5	2	0	0	4		43.20		
Energy	kcal	180		1	MC	9		122		
Energy	kJ	752		0	MC	9		511		
Protein (N x 6.25)	g	3.9	9	1	MC	9		2.71		
Total lipid (fat)	g	10.3		1	MC	9		7.00		
Ash		0.8		0	FLM	4		0.60		
Carbohydrate, by difference	g	21.3		1	MC	9		14.48		
Fiber, total dietary	g	0.9		1	MC	9		0.6		
Sugars, total	g	5.9	0	1	MC	9		4.01		
Starch	g									
Minerals:										
Calcium, Ca	mg	130		1	MC	9		88		
Iron, Fe	-	0.1	9	1	MC	9		0.13		
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	<u>mg</u>	164		1	MC	9		111		
Zinc, Zn	<u>.</u> mg									
Copper, Cu										
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>m</u> g	0.9		1	MC	9		0.6		
Thiamin	mg									
Riboflavin	-									
Niacin										
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Betaine	-									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		281		1	MC	9		191		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										
Menaquinone-4										
•										
<u>Lipids:</u>	<u> </u>		00	_		_				
Fatty acids, total saturated		4.1	80	1	MC	9		2.842		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		18		1	MC	9		12		
		10		_	PIC	,		12		
Phytosterols	9									

Ice creams, BREYERS, No Sugar Added, Butter Pecan

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Amount ir</u>	100 grams	ot edil	ole porti	<u>on</u>	Amount in edible portion of common		
			Number	r				easures of fo	
					Source	Confidence			
Nutrients and Un	ite	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Weall Stu. D	101 101110				weasure i	Wiedsule 2	Wieasure
Proximates:									
Water	g	64.71	0	0	4		45.94		
Energy		151	1	MC	9		107		
Energy	kJ	632	0	MC	9		449		
Protein (N x 6.25)		3.54	1	MC	9		2.51		
Total lipid (fat)		5.80	1	MC	9		4.12		
Ash		0.78	0	BFFN	4		0.55		
Carbohydrate, by difference	-	25.17	1	MC	9		17.87		
Fiber, total dietary		1.0	1	MC	9		0.7		
Sugars, total		5.81	1	MC	9		4.13		
Starch									
Starcii	9								
Minerals:									
Calcium, Ca	-	121	1	MC	9		86		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.59	1	MC	9		0.42		
Magnesium, Mg	mg								
Phosphorus, P									
Potassium, K	• • • • • • • • • • • • • • • • • • • •								
Sodium, Na	-	77	1	MC	9		55		
Zinc, Zn	-								
Copper, Cu									
Manganese, Mn	-								
Selenium, Se	µg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7	1	MC	9		0.5		
Thiamin									
Riboflavin	-								
Niacin	-								
Pantothenic acid									
Vitamin B-6									
Folate, total									
Folate, DFE									
Choline, total									
Betaine									
Vitamin B-12									
Vitamin A, RAE									
Vitamin A, IU		266	1	MC	9		189		
Lycopene									
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta									
Vitamin D (D2 + D3)	µg								
Vitamin D	IU								
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								
Lipids:									
Fatty acids, total saturated	a	3.650	1	MC	9		2.592		
Fatty acids, total monounsaturated		3.030	-	FIC	,		2.372		
Fatty acids, total polyunsaturated									
Fatty acids, total polyunsaturated Fatty acids, total trans									
Cholesterol		16	1	MC	9		12		
		10	_	II.C	,		12		
Phytosterols									

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 I

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole portic	<u>on</u>		edible portion	
				Number		_		<u> </u>	easures or roo	<u>5u</u>
							Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.4	8	0	0	4		45.21		
Energy	kcal	154		1	MC	9		105		
Energy	kJ	645		0	MC	9		438		
Protein (N x 6.25)	g	4.5	0	1	MC	9		3.06		
Total lipid (fat)	g	7.0	5	1	MC	9		4.79		
Ash	g	1.2	2	0	FLM	4		0.83		
Carbohydrate, by difference	g	20.7	5	1	MC	9		14.11		
Fiber, total dietary	g	0.5		1	MC	9		0.4		
Sugars, total	g	7.7	0	1	MC	9		5.24		
Starch	g									
3.61										
Minerals:						_				
Calcium, Ca	-	151	•	1	MC	9		103		
Iron, Fe		0.1	9	1	MC	9		0.13		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	87		1		•				
Sodium, Na	-	87			MC	9		59		
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	MC	9		0.6		
Thiamin	mg									
Riboflavin	-									
Niacin	mg									
Pantothenic acid										
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	JU	345		1	MC	9		235		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
	a	4.1	70	1	MC	9		2.836		
Fatty acids, total saturated Fatty acids, total monounsaturated		4.1	, ,	_	MC	,		2.030		
=										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		53		1	MC	9		36		
Cholesterol		53		_	MC	,		30		
Phytosterols	<u>ı</u> nıy									

Ice creams, BREYERS, No Sugar Added, French Vanilla

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		Amo	unt in 10	u gram s	ot edil	ole porti	<u>on</u>	Amount in edible portion of common		
				Num ber					easures of fo	
						Source	Confidence			
Nutrients and Uni	te	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and on	ıs	Weall C	ota. E i oi	. 0				Weasure i	Wedsule 2	Wieasure
Proximates:										
Water	g	67.86		0	FLM	4		46.82		
Energy	kcal	143		1	MC	9		99		
Energy	kJ	600		0	MC	9		414		
Protein (N x 6.25)	g	3.68		1	MC	9		2.54		
Total lipid (fat)	g	6.20		1	MC	9		4.28		
Ash	g	0.84		0	FLM	4		0.58		
Carbohydrate, by difference	g	21.92		1	MC	9		15.12		
Fiber, total dietary	g	0.5		1	MC	9		0.4		
Sugars, total	g	6.09		1	MC	9		4.20		
Starch										
Minerals:								_		
Calcium, Ca	-	133		1	MC	9		92		
Iron, Fe	-	0.09		1	MC	9		0.06		
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K						•		45		
Sodium, Na	-	66		1	MC	9		45		
Zinc, Zn										
Copper, Cu										
Manganese, Mn	-									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u></u> g	0.8		1	MC	9		0.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	g									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU	J <u>U</u>	291		1	MC	9		201		
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µ9									
Lipids:										
Fatty acids, total saturated	g	3.900)	1	MC	9		2.691		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		18		1	MC	9		13		
Phytosterols										

Ice creams, BREYERS, No Sugar Added, Vanilla

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse:0%

		<u>Am</u>	ount in 10			ole porti	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		<u> </u>	easures or roo	<u>5u</u>
							Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.3	4	0	0	4		45.79		
Energy	kcal	143		1	MC	9		98		
Energy	kJ	600		0	MC	9		408		
Protein (N x 6.25)	g	3.7	1	1	MC	9		2.52		
Total lipid (fat)	g	6.2	6	1	MC	9		4.26		
Ash	g	0.9	9	0	FLM	4		0.67		
Carbohydrate, by difference	g	21.7	0	1	MC	9		14.76		
Fiber, total dietary	g	0.7		1	MC	9		0.5		
Sugars, total	g	6.1	5	1	MC	9		4.18		
Starch										
	_									
Minerals:										
Calcium, Ca		132	_	1	MC	9		90		
Iron, Fe		0.2	7	1	MC	9		0.18		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	_			_		•		4-		
Sodium, Na	_	68		1	MC	9		47		
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn	_									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.8		1	MC	9		0.5		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	<u>I</u> U	292		1	MC	9		198		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.9	40	1	MC	9		2.679		
Fatty acids, total monounsaturated				_		-		,		
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		18		1	MC	9		12		
Phytosterols										

Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse:0%

		<u>Am o</u>	unt in 100	grams	ot edil	ole porti	<u>on</u>	Amount in edible portion of common			
			1	Number				measures of food			
			•			Source	Confidence				
Nutrients and Un	ite	Mean S	td. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Mean 3	ш. штог					Wicasure i	Wiedsule 2	Wieasure	
Proximates:											
Water	g	64.40		0	0	4		46.37			
Energy		153		1	MC	9		110			
Energy	kJ	641		0	MC	9		461			
Protein (N x 6.25)		3.53		1	MC	9		2.54			
Total lipid (fat)		5.68		1	MC	9		4.09			
Ash		0.76		0	FLM	4		0.55			
Carbohydrate, by difference	g	25.63		1	MC	9		18.45			
Fiber, total dietary		0.8		1	MC	9		0.5			
Sugars, total		5.49		1	MC	9		3.95			
Starch											
Minerals:											
Calcium, Ca	-	121		1	MC	9		87			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.36		1	MC	9		0.26			
Magnesium, Mg	-										
Phosphorus, P											
Potassium, K				_							
Sodium, Na	-	72		1	MC	9		52			
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •										
Copper, Cu											
Manganese, Mn	-										
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	<u>m</u> g	0.7		1	MC	9		0.5			
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE											
Vitamin A, IU		262		1	MC	9		189			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
-											
Lipids:											
Fatty acids, total saturated	-	3.570		1	MC	9		2.570			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		16		1	MC	9		12			
Phytosterols	mg										

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code Mean

Measure 1 Measure 2 Measure 3

Nutrients and Units

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Common Measures:

food, or similar food.

Measure 1 = 72g: 1 serving 1/2 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 gr	ams	of edik	ole portion	Amount in e	Amount in edible portion of common			
			Nun	nber				easures of fo			
						Source Confiden	Ce				
Nutrients and Uni	its	Mean Sto	l. Error Po			Code Code	Measure 1	Measure 2	Measure		
roximates:											
Water		55.70	0.813			1	32.31	36.76			
Energy		216		0	NC	4	125	143			
Energy	kJ	904		0		4	524	596			
Protein (N x 6.1)		3.80	0.082	6		1	2.20	2.51			
Total lipid (fat)	_	11.00	0.427	6		1	6.38	7.26			
Ash	_	1.00	0.050	6		1	0.58	0.66			
Carbohydrate, by difference		28.20		0	NC	4	16.36	18.61			
Fiber, total dietary		1.2		0		4	0.7	0.8			
Sugars, total		25.36		0	BFCN	4	14.71	16.74			
Starch	g										
Minerals:											
Calcium, Ca	-	109	2.964			1	63	72			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.93	0.061			1	0.54	0.61			
Magnesium, Mg		29	0.755	36		1	17	19			
Phosphorus, P		107 249	1.632			1 1	62 144	71 164			
Potassium, K	-	249 76	4.882 2.707			1	144 44	164 50			
Sodium, NaZinc, Zn	-	0.58	0.021			1	0.34	0.38			
Copper, Cu		0.135	0.021			1	0.078	0.089			
Manganese, Mn		0.140	0.001			1	0.081	0.092			
Selenium, Se		2.5	0.301		A	1	1.5	1.7			
itamins:											
Vitamin C, total ascorbic acid	ma	0.7		0		4	0.4	0.5			
Thiamin	-	0.042	0.004	5		1	0.024	0.028			
Riboflavin	-	0.194	0.009	5		1	0.113	0.128			
Niacin	-	0.226	0.015	5		1	0.131	0.149			
Pantothenic acid	-	0.554	0.063	5		1	0.321	0.366			
Vitamin B-6	mg	0.055	0.003	5		1	0.032	0.036			
Folate, total	µg	16	1.147	5		1	9	11			
Folic acid	µg	0		0	Z	7	0	0			
Folate, food	µg	16	1.147	5		1	9	11			
Folate, DFE	µg	16		0	NC	4	9	11			
Choline, total	mg	22.5		0	AS	1	13.0	14.8			
Betaine	mg	0.6		1	A	1	0.3	0.4			
Vitamin B-12		0.29	0.055	5		1	0.17	0.19			
Vitamin B-12, added		0.00		0	Z	7	0.00	0.00			
Vitamin A, RAE		118		0	BFFN	4	68	78			
Retinol		116		0	BFFN	4	67	77			
Carotene, beta		19		0	BFFN	4	11	12			
Carotene, alpha		0		0	BFFN	4	0 0	0			
Cryptoxanthin, beta		0 41 6	20 100	5	BFFN	4 1	241	0 275			
Vitamin A, IU		0	30.100	0	BFFN	4	0	0			
LycopeneLutein + zeaxanthin		0		0	BFFN	4	0	0			
Vitamin E (alpha-tocopherol)		0.30		0	BFFN	4	0.17	0.20			
Vitamin E, added	-	0.00		0	Z	7	0.00	0.00			
Tocopherol, beta				•	_			0.00			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.2		0	AS	1	0.1	0.1			
Vitamin D		8		0	BFFN	4	5	5			
Vitamin K (phylloquinone)		0.3		0	BFFN	4	0.2	0.2			
Dihydrophylloquinone	µg										

	<u>Am</u>	ount in 10	00 grams	of edi	ble portio	<u>on</u>	Amount in edible portion of common		
			Number					easures of foo	
					Source (Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	6.8	00	0		1		3.944	4.488	
4:0g	0.3		1		1		0.197	0.224	
6:0g	0.2		1		1		0.116	0.132	
8:0g	0.1		1		1		0.070	0.079	
10:0g	0.2		1		1		0.151	0.172	
12:0	0.2		1		1		0.168	0.191	
13:0g	***		_		_		0.1200	*****	
14:0g	1.0	70	1		1		0.621	0.706	
15:0g			_		_		*****	******	
16:0g	3.0	60	1		1		1.775	2.020	
17:0			_		_			21020	
18:0g	1.4	60	1		1		0.847	0.964	
20:0			_		_				
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	3.2	10	0		1		1.862	2.119	
14:1g									
15:1g									
16:1 undifferentiatedg	0.2	40	1		1		0.139	0.158	
17:1g									
18:1 undifferentiatedg	2.9	70	1		1		1.723	1.960	
20:1g	0.0	00	0		1		0.000	0.000	
22:1 undifferentiatedg	0.0	00	0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.4	10	0		1		0.238	0.271	
18:2 undifferentiatedg	0.2	50	1		1		0.145	0.165	
18:3 undifferentiatedg	0.1	50	1		1		0.087	0.099	
18:4g	0.0	00	0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0		1		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0		1		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		1		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	34		1		1		20	22	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeine mg	3		1		1		2	2	
Theobrominemg	62		1		1		36	41	

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6 Fat 8.8 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>An</u>	nount in 10	0 grams	of edil	ole portion		Amount in edible portion of common			
				Number					easures of foo		
						Source Co	nfidence				
Nutrients and Un	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Wean	3tu. 🗀 101	1 011113	Jour	Oode	Oouc	Measure I	weasure 2	Weasure	
Proximates:											
Water		61.4	13	0	FLM	4		41.77	61.43		
Energy	kcal	187		0	NC	4		127	187		
Energy	kJ	784		0	NC	4		533	784		
Protein	g	5.0	0	2	MC	9		3.40	5.00		
Total lipid (fat)	g	7.1	.9	2	MC	9		4.89	7.19		
Ash	g	0.6	i9	0	FLM	4		0.47	0.69		
Carbohydrate, by difference	g	25.7	0	0	NC	4		17.48	25.70		
Fiber, total dietary	g	0.8	3	2	MC	9		0.5	0.8		
Sugars, total	g	24.7	1	2	MC	9		16.80	24.71		
Starch	g										
<u> Iinerals:</u>											
Calcium, Ca	-	159		2	MC	9		108	159		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.6	59	2	MC	9		0.47	0.69		
Magnesium, Mg		20		0	FLM	4		13	20		
Phosphorus, P		83		0	FLM	4		57	83		
Potassium, K	-	170		0	FLM	4		116	170		
Sodium, Na	-	71	_	2	MC	9		48	71		
Zinc, Zn		0.4		0	FLM	4		0.30	0.43		
Copper, Cu		0.1		0	FLM	4		0.070	0.103		
Manganese, Mn	-	0.1		0	FLM	4		0.069	0.101		
Selenium, Se	µg	2.2	1	0	FLM	4		1.5	2.2		
<u>/itamins:</u>		1.0				•		2.0	1.0		
Vitamin C, total ascorbic acid	-	1.2		2 0	MC FLM	9 4		0.8 0.015	1.2		
Thiamin	-			0	FLM	4		0.015	0.023		
Riboflavin	-	0.1		0		4		0.088	0.129		
Niacin Pantothenic acid	-	0.1		0	FLM FLM	4		0.167	0.126 0.246		
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.2		0	FLM	4		0.016	0.246		
	-	4	123	0	FLM	4		2	4		
Folite, total		0		0	FLM	4		0	0		
Folate, food		4		0	FLM	4		2	4		
Folate, DFE		4		0	NC	4		2	4		
Choline, total		19.6	:	0	BFSN	4		13.3	19.6		
Betaine		13.0	•	Ū	DI DI	*		13.3	19.0		
Vitamin B-12	-	0.1	4	0	FLM	4		0.10	0.14		
Vitamin B-12, added		0.0		0	Z	7		0.00	0.00		
Vitamin A, RAE		71		0	FLM	4		48	71		
Retinol		60		0	FLM	4		41	60		
Carotene, beta		135		0	FLM	4		92	135		
Carotene, alpha		0		0	FLM	4		0	0		
Cryptoxanthin, beta		0		0	FLM	4		0	0		
Vitamin A, IU		425		2	MC	9		289	425		
Lycopene		0		0	FLM	4		0	0		
Lutein + zeaxanthin		1		0	FLM	4		1	1		
Vitamin E (alpha-tocopherol)		0.2	20	0	FLM	4		0.13	0.20		
Vitamin E, added		0.0		0	Z	7		0.00	0.00		
Tocopherol, beta				-							
Tocopherol, gamma	-										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1	=	0	AS	1		0.1	0.1		
Vitamin D		5		0	BFFN	4		4	5		
Vitamin K (phylloquinone)		0.6	i	0	FLM	4		0.4	0.6		
Dihydrophylloquinone											
Menaquinone-4											

	Am ount ir	100 grams	Amount in	Amount in edible portion of common			
		Number			<u>m</u>	easures of foo	<u>od</u>
				Source Confiden	ce		
Nutrients and Units	Mean Std. Er	ror Points	Code	Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>							
Fatty acids, total saturated	4.380	2	MC	9	2.978	4.380	
4:0g	0.226	0	FLM	4	0.154	0.226	
6:0g	0.077	0	FLM	4	0.053	0.077	
8:0g	0.079	0	FLM	4	0.054	0.079	
10:0g	0.140	0	FLM	4	0.095	0.140	
12:0g	0.091	0	FLM	4	0.062	0.091	
13:0g	0.000	0	FLM	4	0.000	0.000	
14:0g	0.705	0	FLM	4	0.479	0.705	
15:0g	0.000	0	FLM	4	0.000	0.000	
16:0g	1.996	0	FLM	4	1.357	1.996	
17:0g	0.000	0	FLM	4	0.000	0.000	
18:0g	0.846	•	FLM	4	0.575	0.846	
20:0g	0.000	0	FLM	4	0.000	0.000	
22:0g	0.000	-	FLM	4	0.000	0.000	
24:0g	0.000	0	FLM	4	0.000	0.000	
Fatty acids, total monounsaturatedg	2.055	0	FLM	4 4	1.397	2.055	
14:1g	0.000	U	FLM	4	0.000	0.000	
15:1g	0.100	•		4	0 125	0 100	
16:1 undifferentiatedg	0.199	0	FLM	4	0.135	0.199	
17:1g	1.856	0	FLM	4	1 060	1 056	
18:1 undifferentiated		0		4	1.262	1.856	
20:1g	0.000 0.000	0	FLM FLM	4	0.000	0.000	
22:1 undifferentiated	0.000	U	FLM	4	0.000	0.000	
24:1 c	0.241	0	FLM	4	0.164	0.241	
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.168	0	FLM	4	0.114	0.168	
18:3 undifferentiated	0.108	0	FLM	4	0.050	0.074	
18:4g	0.000	0	FLM	4	0.000	0.000	
20:2 n-6 c,cg	0.000	· ·	FLM	7	0.000	0.000	
20:3 undifferentiated							
20:4 undifferentiated	0.000	0	FLM	4	0.000	0.000	
20:5 n-3 (EPA)	0.000	0	FLM	4	0.000	0.000	
21:59	3333	· ·		-	0.000	0.000	
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLM	4	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLM	4	0.000	0.000	
Fatty acids, total trans							
Cholesterolmg	28	2	MC	9	19	28	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	FLC	4	0.0	0.0	
Caffeinemg	2	0	FLM	4	1	2	
Theobrominemg	69	0	FLM	4	47	69	

Common Measures:

Measure 1 = 68g: 1 serving Measure 2 = 100g: 1 unit

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amo	ount in 10	u gram s	ot edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence	_			
Nutrients and Un	ito	Moon	Std. Error				Code	Magaura 1	Magaura 2	Magaura	
Nutrients and Un	its	Mean	Sta. Error	TOILLS	Coue	Coue	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	62.99		0	FLM	4		45.35			
Energy	kcal	173		0	NC	4		125			
Energy	kJ	724		0	NC	4		521			
Protein	g	3.54		2	MC	9		2.55			
Total lipid (fat)	g	5.74		2	MC	9		4.13			
Ash	g	0.94		0	FLM	4		0.68			
Carbohydrate, by difference	g	26.79		0	NC	4		19.29			
Fiber, total dietary	g	0.9		2	MC	9		0.6			
Sugars, total	g	5.65		2	MC	9		4.07			
Starch											
Minerals:											
Calcium, Ca	-	121		2	MC	9		87			
Iron, Fe		0.48		2	MC	9		0.34			
Magnesium, Mg	-	15		0	FLM	4		11			
Phosphorus, P		106		0	FLM	4		77			
Potassium, K	-	196		0	FLM	4		141 54			
Sodium, Na		75 0.40		2 0	MC FLM	9 4		0.29			
Zinc, Zn	-	0.40		0	FLM	4		0.29			
Copper, Cu		0.01		0	FLM	4		0.013			
Selenium, Se	-	2.9	,	0	FLM	4		2.1			
Selemum, Se	P9	2.5		·	Pilli	-		2.1			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7		2	MC	9		0.5			
Thiamin	-	0.04		0	FLM	4		0.032			
Riboflavin	mg	0.18		0	FLM	4		0.130			
Niacin	-	0.11		0	FLM	4		0.080			
Pantothenic acid	-	0.41		0	FLM	4		0.298			
Vitamin B-6	-	0.04	2	0	FLM	4		0.030			
Folate, total		5		0	FLM	4		3			
Folic acid		0		0	Z	7		0			
Folate, food		5		0	FLM	4		3			
Folate, DFE		5		0	NC	4		3			
Choline, total	-	11.7		0	NR	4		8.4			
Betaine											
Vitamin B-12		0.38		0	FLM	4		0.27			
Vitamin B-12, added		0.00		0	Z	7		0.00			
Vitamin A, RAE		75 74		0	FLM FLM	4		54			
Retinol	· -			0		-		53			
Carotene, beta		10 0		0	FLM	4 4		7 0			
Carotene, alpha		0		0	FLM	4		0			
Cryptoxanthin, beta		264		2	FLM MC	9		190			
Vitamin A, IU		0		0	FLM	4		0			
Lycopene		0		0	FLM	4		0			
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.30		0	FLM	4		0.21			
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	Z	7		0.21			
Tocopherol, beta		0.00		U	4	,		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1		0	AS	1		0.1			
Vitamin D		4		0	BFFN	4		3			
Vitamin K (phylloquinone)		3.6		0	FLM	4		2.6			
Dihydrophylloquinone				-	-						
Menaquinone-4											

	Amount in	100 grams	of edi	ble portion	Amount in e	Amount in edible portion of common		
		Number				easures of fo		
							<u></u>	
Nutrients and Units	Mean Std. Erı	of Data or Points		Source Confidence Code Code	e Measure 1	Measure 2	Measure 3	
Lipids:								
Fatty acids, total saturated	3.610	2	MC	9	2.599			
4:0g	0.172	0	FLM	4	0.124			
6:0g	0.105	0	FLM	4	0.075			
8:0g	0.065	0	FLM	4	0.047			
10:0g	0.135	0	FLM	4	0.097			
12:0g	0.149	0	FLM	4	0.108			
13:0g	0.000	0	FLM	4	0.000			
14:0g	0.543	0	FLM	4	0.391			
15:0g	0.000	0	FLM	4	0.000			
16:0g	1.624	0	FLM	4	1.169			
		0		4				
17:0g	0.000	0	FLM		0.000			
18:0g	0.706	-	FLM	4	0.508			
20:0g	0.000	0	FLM	4	0.000			
22:0g	0.000	0	FLM	4	0.000			
24:0g	0.000	0	FLM	4	0.000			
Fatty acids, total monounsaturatedg	0.930	0	FLM	4	0.669			
14:1g	0.000	0	FLM	4	0.000			
15:1g								
16:1 undifferentiatedg	0.066	0	FLM	4	0.048			
17:1g								
18:1 undifferentiatedg	0.863	0	FLM	4	0.622			
20:1g	0.000	0	FLM	4	0.000			
22:1 undifferentiatedg	0.000	0	FLM	4	0.000			
24:1 cg								
Fatty acids, total polyunsaturatedg	0.527	0	FLM	4	0.379			
18:2 undifferentiatedg	0.434	0	FLM	4	0.313			
18:3 undifferentiated	0.092	0	FLM	4	0.066			
18:4g	0.000	0	FLM	4	0.000			
20:2 n-6 c,c	0.000	·		-	***************************************			
20:3 undifferentiated								
20:4 undifferentiated	0.000	0	FLM	4	0.000			
20:5 n-3 (EPA)	0.000	0	FLM	4	0.000			
` /	0.000	· ·	FIIM	T	0.000			
21:5g								
22:4g	2 222	•			0.000			
22:5 n-3 (DPA)g	0.000	0	FLM	4	0.000			
22:6 n-3 (DHA)g	0.000	U	FLM	4	0.000			
Fatty acids, total transg		_		_				
Cholesterolmg	16	2	MC	9	12			
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLM	4	0.0			
Caffeinemg	0	0	FLM	4	0			
Theobrominemg	5	0	FLM	4	3			

Common Measures:

Measure 1 = 72g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion		Amount in edible portion of common			
				Number					easures of foo		
						Source Co	nfidanca			_	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
_											
Proximates:	а	57.5	2	0	FLM	4		85.13	5.87		
Energy		251	_	0	NC	4		371	26		
Energy		1049		0	NC	4		1553	107		
Protein		4.7	2	1	LC	8		6.98	0.48		
Total lipid (fat)		16.9		1	LC	8		25.13	1.73		
Ash	-	1.0		0	FLM	4		1.48	0.10		
Carbohydrate, by difference		19.7		0	NC	4		29.28	2.02		
Fiber, total dietary		0.9		1	LC	8		1.4	0.1		
Sugars, total		17.3	5	0	т	4		25.67	1.77		
Starch											
Minerals:											
Calcium, Ca	-	142		1	LC	8		209	14		
Iron, Fe		1.0	2	1	LC	8		1.51	0.10		
Magnesium, Mg		32		0	FLM	4		47	3		
Phosphorus, P	-	115		0	FLM	4		170	12		
Potassium, K	-	238		0	FLM	4		353 84	24 6		
Sodium, NaZinc, Zn	• • • • • • • • • • • • • • • • • • • •	57 0.6	4	1 0	LC FLM	8 4		84 0.95	0.07		
Copper, Cu	•	0.6		0	FLM	4		0.95	0.07		
Manganese, Mn		0.1		0	FLM	4		0.255	0.018		
Selenium, Se		2.1		0	FLM	4		3.1	0.2		
Vitamins: Vitamin C, total ascorbic acid	ma	0.5		0	FLM	4		0.7	0.0		
Thiamin	_	0.0		0	FLM	4		0.044	0.003		
Riboflavin		0.1		0	FLM	4		0.247	0.003		
Niacin	-	0.1		0	FLM	4		0.269	0.019		
Pantothenic acid	-	0.3		0	FLM	4		0.498	0.034		
Vitamin B-6	-	0.0		0	FLM	4		0.048	0.003		
Folate, total	-	5		0	FLM	4		8	1		
Folic acid		0		0	FLM	4		0	0		
Folate, food	µg	5		0	FLM	4		8	1		
Folate, DFE	µg	5		0	NC	4		8	1		
Choline, total	mg	34.7		0	NR	4		51.3	3.5		
Betaine	mg										
Vitamin B-12		0.1	8	0	FLM	4		0.26	0.02		
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00		
Vitamin A, RAE		201		0	NC	4		297	20		
Retinol		198		0	FLM	4		293	20		
Carotene, beta		31		0	FLM	4		46	3		
Carotene, alpha		0		0	FLM	4		0	0		
Cryptoxanthin, beta		0 713		0	FLM NC	4 4		0 1055	0		
Vitamin A, IU		713		0	FLM	4		0	73 0		
Lycopene Lutein + zeaxanthin		2		0	FLM	4		3	0		
Vitamin E (alpha-tocopherol)		0.4	6	0	FLM	4		0.68	0.05		
Vitamin E, added		0.0		0	Z	7		0.00	0.00		
Tocopherol, beta	-		-	-	_	-					
Tocopherol, gamma											
Tocopherol, delta	-										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.3		0	AS	1		0.5	0.0		
Vitamin D		12		0	BFFN	4		18	1		
Vitamin K (phylloquinone)		1.5		0	FLM	4		2.2	0.2		
Dihydrophylloquinone	µg										

	Amo		0 grams Number		ble portion		Amount in edible portion of common measures of food		
					C C-		_		_
Nutrients and Units	Mean S	td. Error			Source Co Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	10.377		1	LC	8		15.358	1.058	
4:0g	0.517		0	FLM	4		0.766	0.053	
6:0g	0.312		0	FLM	4		0.462	0.032	
8:0g	0.188		0	FLM	4		0.278	0.019	
10:0g	0.403		0	FLM	4		0.597	0.041	
12:0g	0.450		0	FLM	4		0.667	0.046	
13:0g	0.000		0	FLM	4		0.000	0.000	
14:0g	1.619		0	FLM	4		2.397	0.165	
15:0g	0.000		0	FLM	4		0.000	0.000	
16:0g	4.406		0	FLM	4		6.520	0.449	
17:0g	0.000		0	FLM	4		0.000	0.000	
18:0g	2.138		0	FLM	4		3.164	0.218	
20:0g	0.000		0	FLM	4		0.000	0.000	
22:0g	0.000		0	FLM	4		0.000	0.000	
24:0g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturatedg	4.794		0	FLM	4		7.095	0.489	
14:1g	0.000		0	FLM	4		0.000	0.000	
15:1g									
16:1 undifferentiatedg	0.361		0	FLM	4		0.535	0.037	
17:1g					_				
18:1 undifferentiatedg	4.433		0	FLM	4		6.561	0.452	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.658		0	FLM	4		0.975	0.067	
18:2 undifferentiatedg	0.409		0	FLM	4		0.605	0.042	
18:3 undifferentiatedg	0.250		0	FLM	4		0.369	0.025	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0						
20:4 undifferentiated			0	FLM	4 4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		U	FLM	4		0.000	0.000	
21:5g									
22:4g	0.000		•				0.000	0.000	
22:5 n-3 (DPA)g	0.000		0	FLM	4 4		0.000	0.000	
22:6 n-3 (DHA)g	0.000		U	FLM	4		0.000	0.000	
Fatty acids, total transg	60		0	FLM	4		89	6	
Cholesterolmg	60		U	FLM	4		89	ь	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	
Caffeinemg	4		0	FLM	4		5	0	
Theobrominemg	120		0	FLM	4		178	12	

Common Measures:

Measure 1 = 148g: 1 cup

Measure 2 = 10.2g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		AIIIC	vanie ini 10	o grain.	or cui	ble portic	<u> </u>	Amount in edible portion of common			
				Num be	r			measures of food			
					=	Source	Confidence				
Nutrients and Ur	vite	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and or	1113	Wiean (sta. 🗀 i oi					Wicasure i	Weasure 2	weasure .	
Proximates:											
Water	g	59.80	0.	361 11		1		51.43			
Energy	kcal	222		0	NC	4		191			
Energy	kJ	930		0	NC	4		800			
Protein (N x 6.25)	g	4.10		1		1		3.53			
Total lipid (fat)	g	13.00	0.	508 11		1		11.18			
Ash	g	0.90		1		4		0.77			
Carbohydrate, by difference	g	22.20		0	NC	4		19.09			
Fiber, total dietary	g	0.7		0	FLA	4		0.6			
Sugars, total	g	21.16		0	FLA	4		18.20			
Starch											
Minerals:				_							
Calcium, Ca	_	131		1		4		113			
Iron, Fe	_	0.21		1		4		0.18			
Magnesium, Mg	_	12		1		4		10			
Phosphorus, P		116 177		1 1		4 4		100 152			
Potassium, KSodium, Na	_	61		1		4		52			
Zinc, Zn	_	0.52		1		4		0.45			
Copper, Cu	_	0.032	1	1		4		0.026			
Manganese, Mn		0.00		1		4		0.004			
Selenium, Se		3.0	•	0	BFPN	4		2.6			
,				•	22.11	-					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.8		1		4		0.7			
Thiamin		0.049		1		4		0.042			
Riboflavin	_	0.182		1		4		0.157			
Niacin	_	0.09		1		4		0.082			
Pantothenic acid	_	0.50		1		4		0.435			
Vitamin B-6	_	0.048	3	1		4		0.041			
Folate, total		9		1	_	4		8			
Folic acid	· -	0		0	Z	7		0			
Folate, food		9		1		4		8			
Folate, DFE		9		0	NC T	4 4		8 22.4			
Choline, total	_	26.0		U	т	4		22.4			
Betaine Vitamin B-12		0.50		1		4		0.43			
Vitamin B-12 Vitamin B-12. added		0.00		0	FLA	4		0.43			
Vitamin A, RAE		162		0	FLA	4		139			
Retinol		159		0	FLA	4		137			
Carotene, beta		30		0	FLA	4		26			
Carotene, alpha		5		0	FLA	4		4			
Cryptoxanthin, beta		5		0	FLA	4		4			
Vitamin A, IU		589		0	FLA	4		506			
Lycopene		0		0	FLA	4		0			
Lutein + zeaxanthin		151		0	FLA	4		130			
Vitamin E (alpha-tocopherol)		0.61		0	FLA	4		0.52			
Vitamin E, added		0.00		0	FLA	4		0.00			
Tocopherol, beta				•		-		*****			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.7		0	NR	4		0.6			
Vitamin D		29		0	FLA	4		25			
Vitamin K (phylloquinone)		0.9		0	FLA	4		0.8			
Dihydrophylloquinone											
Menaquinone-4											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 7.480 0 1 6.433 4:0.....g 0.390 1 1 0.335 6:0.....g 0.230 0.198 1 0.130 1 8:0.....g 0.112 10:0.....g 0.300 1 1 0.258 12:0.....g 0.340 1 1 0.292 13:0.....g 1.240 1 1 14:0.....g 1.066 3.360 1 1 16·0 a 2.890 17:0.....g 1.470 1 1.264 18:0.....g 20:0.....g 22:0......g 24:0.....g 3.490 0 1 3.001 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.270 1 1 0.232 17:1.....g 3.220 1 1 18:1 undifferentiated......g 2.769 0.000 20:1.....g 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.450 0 1 0.387 0.280 18:2 undifferentiated....... 1 1 0.241 0.180 1 1 0.155 18:3 undifferentiated......g 0.000 18:4.....g 0 1 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 1 20:5 n-3 (EPA).....g 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 Fatty acids, total trans......g Cholesterol....mg 78 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.048 0 0.041 1 0.145 Threonine.....g 0.169 0 1 Isoleucine.....g 0.215 0 1 0.185 Leucine.....g 0.353 0 1 0.304 0 Lysine.....g 0.296 1 0.255 Methionine.....g 0.091 0 1 0.078 Cystine.....g 0.036 0 1 0.031 0.176 0 Phenylalanine.....g 0.151 0.170 0 1 0.146 Tyrosine.....g 0 1 0.207 Valine.....g 0.241 0.172 0 1 0.148 Arginine.....g Histidine.....g 0.099 0 1 0.085 0 1 Alanine.....g 0.164 0.141 Aspartic acid......g 0.300 0 1 0.258 0.745 0 1 0.641 Glutamic acid.....g 0.163 0 1 0.140 0.374 1 0 0.322 Proline.....g 0.216 1 0.186 Serine.....g 0 Hydroxyproline.....g Others: 0.0 Alcohol, ethyl......g 0.0 0 z Caffeine....mg

Ice creams, french vanilla, soft-serve

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

0

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: .5 cup (4 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 100	gram	s or ear	ole portio	<u>'n</u>	Amount in edible portion of common			
				Num be	r			<u>m</u>	easures of fo	od_	
				of Data	Deriv	Source C	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	55.70	0.8	13 11		1		32.31			
Energy		237		0	NC	4		137			
Energy		990		0	NC	4		574			
Protein		3.80	0.0	82 6		1		2.20			
Total lipid (fat)		12.70		1	LC	8		7.37			
Ash		1.00	0.0	50 6		1		0.58			
Carbohydrate, by difference	g	26.80		0	NC	4		15.54			
Fiber, total dietary		4.8		1	LC	8		2.8			
Sugars, total	g	6.35		1	LC	8		3.68			
Starch											
Minerals:						_					
Calcium, Ca	_	109		64 34		1		63			
Iron, Fe		0.93 29		61 35 55 36		1 1		0.54 17			
Magnesium, Mg Phosphorus, P		107	1.6			1		62			
Potassium, K	_	249		82 35		1		144			
Sodium. Na		76	2.7			1		44			
Zinc, Zn	•	0.58		21 35		1		0.34			
Copper, Cu	_	0.13		11 35		1		0.078			
Manganese, Mn	_	0.14				1		0.081			
Selenium, Se		2.5	0.3	01 17	A	1		1.5			
•											
Vitamins:				_							
Vitamin C, total ascorbic acid	_	0.7		0		4		0.4			
Thiamin	_	0.04				1		0.024			
Riboflavin	_	0.19 0.22				1 1		0.113 0.131			
Niacin	_	0.22				1		0.131			
Pantothenic acid Vitamin B-6	_	0.05				1		0.032			
Folate, total	_	16	1.1			1		9			
Folic acid		0		0	BFZN	4		0			
Folate, food		16		0	BFZN	4		9			
Folate, DFE		16		0	NC	4		9			
Choline, total		22.5		0	BFZN	4		13.0			
Betaine	_										
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.29	0.0	55 5		1		0.17			
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00			
Vitamin A, RAE	µg	118		0	NC	4		68			
Retinol		116		0	BFZN	4		67			
Carotene, beta		19		0	BFZN	4		11			
Carotene, alpha	µg	0		0	BFZN	4		0			
Cryptoxanthin, beta	µg	0		0	BFZN	4		0			
Vitamin A, IU	<u>IU</u>	419		0	NC	4		243			
Lycopene		0		0	BFZN	4		0			
Lutein + zeaxanthin		0		0	BFZN	4		0			
Vitamin E (alpha-tocopherol)		0.30		0	BFZN	4		0.17			
Vitamin E, added		0.00		0	BFZN	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta Tocotrienol, gamma											
Tocotrienol, delta	_										
Vitamin D (D2 + D3)		0.2		0	AS	1		0.1			
Vitamin D		9		0	BFFN	4		5			
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.2			
Dihydrophylloquinone		3.3		•		-					
Menaquinone-4											

	Amou	unt in 100			Amount in edible portion of common measures of food				
			lum be r				<u></u>	casares or rec	<u>, u</u>
Nutrients and Units	Mean St	td. Error				onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	6.800		0		1		3.944		
4:0g	0.340		1		1		0.197		
6:0g	0.200		1		1		0.116		
8:0g	0.120		1		1		0.070		
10:0g	0.260		1		1		0.151		
12:0g	0.290		1		1		0.168		
13:0g									
14:0g	1.070		1		1		0.621		
15:0g									
16:0g	3.060		1		1		1.775		
17:0g									
18:0g	1.460		1		1		0.847		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	3.210		0		1		1.862		
14:1g									
15:1g									
16:1 undifferentiatedg	0.240		1		1		0.139		
17:1g			_		_				
18:1 undifferentiatedg	2.970		1		1		1.723		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 c	0 410		0		1		0.000		
Fatty acids, total polyunsaturatedg	0.410 0.250		1		1		0.238 0.145		
18:2 undifferentiated	0.250		1		1				
18:3 undifferentiated	0.150		0		1		0.087 0.000		
18:4g	0.000		U		1		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:3 undifferentiatedg 20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3 (EPA)	0.000		0		1		0.000		
20:5 II-5 (EPA)g	0.000		U		_		0.000		
21:3g 22:4g									
22:5 n-3 (DPA)g	0.000		0		1		0.000		
22:6 n-3 (DHA)	0.000		0		1		0.000		
Fatty acids, total trans	2.230		•		_		3.000		
Cholesterolmg	34		1		1		20		
Phytosterolsmg	~ -		_		=		_ •		
Others:									
Alcohol, ethyl	0.0		0	z	7		0.0		
Caffeinemg	3		1	_	1		2		
Theobrominemg	62		1		1		36		

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amo	unt in 100	gram	s of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			N	umbe	r				easures of fo		
						Source (Confidence	_			
Nutrients and Ur	nits	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	61.00	0.36	50 50		1		35.38	40.26		
Energy	_	216	0.30	0 0	NC	4		125	142		
Energy		903		0	NC	4		524	596		
		3.17		1	LC	8		1.84	2.10		
Protein		12.70		1	LC	8		7.37	8.38		
Total lipid (fat)	_	0.90	0.04		шС	1		0.52	0.59		
Ash	_	22.23	0.04	0	NC	4		12.89			
Carbohydrate, by difference		4.8		1	LC	8		2.89	14.67		
Fiber, total dietary						-			3.1		
Sugars, total		6.35		1	LC	8		3.68	4.19		
Starch	g										
Minerals:	m a	120	F 46			1		7.4	9.4		
Calcium, Ca	_	128 0.09	5.48	33 17 07 35		1 1		74 0.05	84 0.06		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.09 14	0.00			1		0.05 8	0.06 9		
Phosphorus, P		105	4.11			1		61	69		
Priospriorus, P	_	199	6.12			1		115	131		
Sodium, Na	-	48	0.12	1	LC	8		28	31		
Zinc, Zn	-	0.69	0.16	50 14		1		0.40	0.46		
Copper, Cu		0.023				1		0.013	0.015		
Manganese, Mn		0.008				1		0.005	0.005		
Selenium, Se		2.6		0	BFPN	4		1.5	1.7		
,											
Vitamins: Vitamin C, total ascorbic acid	ma	0.6	0.06	57 21		1		0.3	0.4		
Thiamin	_	0.041				1		0.024	0.027		
Riboflavin	_	0.240				1		0.024	0.027		
Niacin	_	0.116				1		0.067	0.077		
Pantothenic acid	_	0.581				1		0.337	0.383		
Vitamin B-6		0.048				1		0.028	0.032		
Folate, total	_	5	1.83			1		3	3		
Folic acid		0		0	BFZN	4		0	0		
Folate, food		5		0	BFZN	4		3	3		
Folate, DFE		5		0	NC	4		3	3		
Choline, total		26.0		0	BFZN	4		15.1	17.2		
Betaine	_										
Vitamin B-12	_	0.39	0.04	13 3		1		0.23	0.26		
Vitamin B-12, added		0.00		0	BFZN	4		0.00	0.00		
Vitamin A, RAE		118		0	NC	4		68	78		
Retinol		116		0	BFZN	4		67	77		
Carotene, beta		19		0	BFZN	4		11	12		
Carotene, alpha		0		0	BFZN	4		0	0		
Cryptoxanthin, beta		0		0	BFZN	4		0	0		
Vitamin A, IU		418		0	NC	4		243	276		
Lycopene	µg	0		0	BFZN	4		0	0		
Lutein + zeaxanthin		0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol)		0.30		0	BFZN	4		0.17	0.19		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.2		0	AS	1		0.1	0.2		
Vitamin D		9		0	BFFN	4		5	6		
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.2	0.2		
Dihydrophylloquinone	µg										
Menaquinone-4	µg										

	<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common			
			Number				measures of food			
			of Data	Deriv	Source (Confidence				
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>										
Fatty acids, total saturated	6.7		0		1		3.938	4.481		
4:0g	0.3		1		1 1		0.209	0.238		
6:0g 8:0g	0.2		1		1		0.122 0.070	0.139 0.079		
10:0	0.2		1		1		0.162	0.185		
12:0g	0.3		1		1		0.180	0.205		
13:0g										
14:0g	1.1	30	1		1		0.655	0.746		
15:0g										
16:0g	3.0	60	1		1		1.775	2.020		
17:0g			_		_					
18:0g	1.3	30	1		1		0.771	0.878		
20:0g 22:0g										
24:0g										
Fatty acids, total monounsaturatedg	3.1	70	0		1		1.839	2.092		
14:1g										
15:1g										
16:1 undifferentiatedg	0.2	50	1		1		0.145	0.165		
17:1g										
18:1 undifferentiatedg	2.9		1		1		1.699	1.934		
20:1g	0.0		0		1		0.000	0.000		
22:1 undifferentiatedg	0.0	00	0		1		0.000	0.000		
24:1 cg Fatty acids, total polyunsaturatedg	0.4	1.0	0		1		0.238	0.271		
18:2 undifferentiatedg	0.2		1		1		0.238	0.165		
18:3 undifferentiated	0.1		1		1		0.093	0.106		
18:4g	0.0		0		1		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.0		0		1		0.000	0.000		
20:5 n-3 (EPA)g	0.0	00	0		1		0.000	0.000		
21:5g										
22:4g	0.0	00	0		1		0.000	0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.0		0		1		0.000	0.000		
Fatty acids, total trans	0.0	00	Ū		-		0.000	0.000		
Cholesterolmg	32		1	LC	8		18	21		
Phytosterolsmg										
Amino Acids:	0.0	45	0		1		0.026	0.030		
Tryptophan	0.0		0		1		0.026	0.030		
Isoleucineg	0.1		0		1		0.113	0.129		
Leucineg	0.3		0		1		0.183	0.209		
Lysineg	0.2	58	0		1		0.150	0.170		
Methionineg	0.0	81	0		1		0.047	0.053		
Cystineg	0.0	29	0		1		0.017	0.019		
Phenylalanineg	0.1	57	0		1		0.091	0.104		
Tyrosineg	0.1		0		1		0.090	0.102		
Valineg	0.2		0		1		0.126	0.143		
Arginine	0.1		0		1 1		0.073	0.083		
Histidineg Alanineg	0.0		0		1		0.051 0.070	0.058 0.080		
Alanineg Aspartic acid	0.1		0		1		0.070	0.080		
Glutamic acidg	0.6		0		1		0.395	0.165		
Glycine9	0.0		0		1		0.054	0.061		
Prolineg	0.3		0		1		0.189	0.215		
Serineg	0.1		0		1		0.103	0.117		
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeine mg	0		0	BFZN	4		0	0		
	-		-					-		

Ice creams, regular, low carbohydrate, vanilla

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Measure 3

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2

0 BFZN

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Carbohydrate Calories Factors: Protein Fat

Food Group: 19 Sweets

		<u>Am</u>	ount in 100			ble portio	<u>on</u>		edible portion	
			N	lum be	r			<u>m</u>	easures of fo	<u>oa</u>
				of Data	Deriv	Source (Confidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	60.00	1.3	02 7		1		34.80	39.60	
Energy		192		0	NC	4		111	127	
Energy		803		Ū	NC	4		466	530	
Protein (N x 6.4)		3.20	,	2		1		1.86	2.11	
Total lipid (fat)		8.40		2		1		4.87	5.54	
Ash	-	0.70		2		1		0.41	0.46	
Carbohydrate, by difference	-	27.60		0	NC	4		16.01	18.22	
•		0.9	,	0	FLA			0.5	0.6	
Fiber, total dietary		0.9		U	FLA	*		0.5	0.6	
Sugars, total										
Sucrose										
Glucose (dextrose)										
Fructose	9									
Lactose		4.43	•	0	FLA	4		2.57	2.92	
Maltose	g									
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	120	4.9	74 4		1		70	79	
Iron, Fe	mg	0.21	0.0	37 4		1		0.12	0.14	
Magnesium, Mg	mg	14	0.4	21 4		1		8	9	
Phosphorus, P	mg	100		2		1		58	66	
Potassium, K	<u>mg</u>	188	8.0	03 4		1		109	124	
Sodium, Na	<u>mg</u>	60	10.4	93 4		1		35	40	
Zinc, Zn	mg	0.34	0.0	20 4		1		0.20	0.22	
Copper, Cu	mg	0.03	37	2		1		0.021	0.024	
Manganese, Mn	mg	0.07	78 0.0	35 4		1		0.045	0.051	
Selenium, Se	µg	1.9		0	FLA	4		1.1	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.7		2		1		4.5	5.1	
Thiamin	mg	0.04	! 5	2		1		0.026	0.030	
Riboflavin	mg	0.25	55	2		1		0.148	0.168	
Niacin	mg	0.17	0	2		1		0.099	0.112	
Pantothenic acid	mg	0.72	20	2		1		0.418	0.475	
Vitamin B-6	mg	0.05	50	2		1		0.029	0.033	
Folate, total		12		2		1		7	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		12		2		1		7	8	
Folate, DFE		12		0	NC	4		7	8	
Choline, total									-	
Betaine										
Vitamin B-12		0.30)	2		1		0.17	0.20	
Vitamin A, RAE		96		0	NC	4		56	64	
Retinol		96		0	FLA	4		56	64	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		320		2		1		186	211	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										

	Amount in	100 grams o		Amount in edible portion of common			
		Number			<u>m (</u>	easures of foc	<u>od</u>
Nutrients and Units	Mean Std. Er			Source Confide Code Code		Measure 2	Measure 3
Vitamin D							
Vitamin K (phylloquinone)µg							
DihydrophylloquinoneUg							
Menaquinone-4µg							
Lipids:							
Fatty acids, total saturated	5.190	0		4	3.010	3.425	
Fatty acids, total monounsaturatedg							
Fatty acids, total polyunsaturatedg							
Fatty acids, total transg							
Cholesterolmg	29	2		1	17	19	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	FLA	4	0.0	0.0	
Caffeinemg	0	0	FLA	4	0	0	
Theobrominemg	0	0	FLA	4	0	0	

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 4.1 Fat 8.79 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 g	ram s	of edil	ble portio	<u>n</u>	Amount in e	edible portion	of common
			Niii	mber					easures of fo	
						Source C	Confidence	_		
Nutrients and Ur	nits	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	61.00	0.360	50		1		40.26		
Energy		207	0.300	0	NC	4		137		
Energy		868		0	NC	4		573		
		3.50	0.199		NC	1		2.31		
Protein (N x 6.25)		11.00	0.080			1		7.26		
Total lipid (fat)	_	0.90	0.045			1		0.59		
Ash	-	23.60	0.045	0	NC	4		15.58		
Carbohydrate, by difference		23.60		0	FLC	4		0.5		
Fiber, total dietary			0 21 5	-						
Sugars, total		21.22	0.317	3	JO	11		14.01		
Starch	g									
Minerals: Calcium, Ca	ma	128	5.483	17		1		84		
Iron, Fe	_	0.09	0.007			1		0.06		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	14	0.361			1		9		
Phosphorus, P		105	4.119			1		69		
Potassium, K	_	199	6.120			1		131		
Sodium, Na	-	80	6.528			1		53		
Zinc, Zn	_	0.69	0.160	14		1		0.46		
Copper, Cu	_	0.023	0.002	7		1		0.015		
Manganese, Mn		0.008	0.001	6		1		0.005		
Selenium, Se	µg	1.8		1	A	1		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.6	0.067	21		1		0.4		
Thiamin	_	0.041	0.003			1		0.027		
Riboflavin	_	0.240	0.013			1		0.158		
Niacin	_	0.116	0.011			1		0.077		
Pantothenic acid	_	0.581	0.170			1		0.383		
Vitamin B-6		0.048	0.001			1		0.032		
Folate, total	_	5	1.830	4		1		3		
Folic acid		0		0	FLC	4		0		
Folate, food		5	1.830	4		1		3		
Folate, DFE	ug	5		0	NC	4		3		
Choline, total	mg	26.0		0	AS	1		17.2		
Betaine	mg									
Vitamin B-12	µg	0.39	0.043	3		1		0.26		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	118		0	NC	4		78		
Retinol	µg	116		0	FLC	4		77		
Carotene, beta	µg	19		2	A	1		12		
Carotene, alpha	µg	0		2	A	1		0		
Cryptoxanthin, beta	µg	0		2	A	1		0		
Vitamin A, IU	<u>JU</u>	421		0	FLC	4		278		
Lycopene	µg	0		2	A	1		0		
Lutein + zeaxanthin	µg	0		2	A	1		0		
Vitamin E (alpha-tocopherol)		0.30		0	FLC	4		0.19		
Vitamin E, added		0.00		0	FLC	4		0.00		
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta				_				A -		
Vitamin D (D2 + D3)		0.2		0	NR	4		0.1		
Vitamin D		8		0	0	4		5		
Vitamin K (phylloquinone)		0.3		1	A	1		0.2		
Dihydrophylloquinone										
Menaquinone-4	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 6.790 1 4.481 4:0.....g 0.360 1 1 0.238 6:0.....g 0.210 0.139 1 1 8:0.....g 0.120 0.079 10:0.....g 0.280 1 1 0.185 0.310 1 0.205 12:0.....g 1 0.000 0 13:0.....g FLC 4 0.000 1 14:0.....g 1.130 1 0.746 0.000 0 15:0.....g FLC 4 0.000 3.060 2.020 16:0.....g 1 1 17:0.....g 0.000 0 FLC 0.000 1.316 0 FLC 4 0.868 18:0.....g 0.000 0 FLC 4 20:0.....g 0.000 0.000 0 FLC 0.000 22:0.....g 4 0.000 0 FLC 4 0.000 24:0.....g Fatty acids, total monounsaturated......g 2,969 0 FLC 4 1,960 14:1.....g 0.000 0 FLC 4 0.000 15·1 a 16:1 undifferentiated......g 0.206 0 FLC 4 0.136 17:1.....g 18:1 undifferentiated......g 2.763 0 FLC 4 1.823 0.000 0 FLC 0.000 20:1.....g 22:1 undifferentiated......g 0.000 0 FLC 4 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.452 0 FLC 4 0.299 0.275 0.181 18:2 undifferentiated.....g FLC 18:3 undifferentiated......g 0.175 0 FLC 4 0.115 0.000 18:4.....g 0 FLC 0.000 0.000 0 FLC 0.000 20:4 undifferentiated......g 4 20:5 n-3 (EPA)......g 0.003 0 FLC 4 0.002 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 FLC 4 0.000 22:6 n-3 (DHA)......g 0.000 0 FLC 4 0.000 Cholesterol....mg 44 1.924 10 1 29 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.045 1 0.030 Threonine.....g 0.146 O 1 0.096 0.195 0 1 0.129 Isoleucine.....g Leucine.....g 0.316 0 1 0.209 0.258 1 0.170 Lysine.....g 0 1 Methionine.....g 0.081 0.053 Cystine.....g 0.029 0 1 0.019 Phenylalanine.....g 0.157 0 1 0.104 Tyrosine.....g 0.155 0.102 0 Valine.....g 0.217 1 0.143 0.125 0 1 0.083 Arginine......g 1 Histidine.....g 0.088 0 0.058 Alanine.....g 0.121 1 0.080 0 Aspartic acid.....g 0.250 1 0.165 0 1 Glutamic acid.....g 0.681 0.449 Glycine.....g 0.093 0 1 0.061 Proline......g 0.326 1 0.215 1 0.117 0.177 0 Hydroxyproline.....g Others: 0.0 Alcohol, ethyl. .g 0.0

NDB No. 19095 Ice creams, vanilla

	<u>Ar</u>	nount in 10	00 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Caffeinemg Theobrominemg	0		0	FLC FLC	<u>4</u> 4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 66g: 1 serving 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

							le porti	<u>on</u>	Amount in edible portion of common measures of food		
					mber				<u>m</u>	easures of to	<u>5u</u>
							Source	Confidence			
Nutrients and Uni	its	Mean	Std. E	rror Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:											
Water	g	64.3	5	1.666	4		1		43.11		
Energy		138			0	NC	4		93		
Energy		578			0	NC	4		387		
Protein		4.4	8		1	LC	8		3.00		
Total lipid (fat)	g	0.0	0		1	LC	8		0.00		
Ash	g	1.1	1		0	BFNN	4		0.74		
Carbohydrate, by difference	g	30.0	6		0	NC	4		20.14		
Fiber, total dietary	g	1.0		0.407	4		1		0.7		
Sugars, total	g	6.3	0		0	0	4		4.22		
Starch	g										
Manager											
Minerals:		140					•		100		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	149 0.0	0		1 1	LC	8 8		100 0.00		
Iron, Fe		21	U		0	BFNN	8 4		14		
Phosphorus, P	_	150			0	BFNN	4		100		
Potassium, K		302			0	BFNN	4		203		
Sodium, Na		97			1	LC	8		65		
Zinc, Zn	_	1.0	6		0	BFNN	4		0.71		
Copper, Cu	_	0.0	28		0	BFNN	4		0.019		
Manganese, Mn	mg										
Selenium, Se	µg	2.9			0	BFNN	4		2.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0			1	LC	8		0.0		
Thiamin	_	0.0			0	BFNN	4		0.034		
Riboflavin	_	0.2			0	BFNN	4		0.166		
Niacin	_	0.1			0	BFNN	4		0.093		
Pantothenic acid	_										
Vitamin B-6	_	0.0	47		0	BFNN	4		0.032		
Folate, total	µg	7			0	BFNN	4		5		
Folic acid	µg	0			0	BFNN	4		0		
Folate, food	µg	7			0	BFNN	4		5		
Folate, DFE	µg	7			0	NC	4		5		
Choline, total	-	23.8			0	0	4		16.0		
Betaine	_										
Vitamin B-12		0.4			0	BFNN	4		0.30		
Vitamin B-12, added		0.0	0		0	Z	7		0.00		
Vitamin A, RAE		200			0	NC	4 4		134		
Retinol		198 23			0	BFNN BFNN	4		133 16		
Carotene, beta		0			0	BFNN	4		0		
Carotene, alpha Cryptoxanthin, beta		0			0	BFNN	4		0		
Vitamin A, IU		698			0	NC	4		468		
Lycopene		0			0	BFNN	4		0		
Lutein + zeaxanthin		0			0	BFNN	4		0		
Vitamin E (alpha-tocopherol)		0.0	0		0	BFFN	4		0.00		
Vitamin E, added		0.0	0		0	Z	7		0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	_										
Tocotrienol, alpha	_										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta					_	_	_				
Vitamin D (D2 + D3)		0.0			0	Z	7		0.0		
Vitamin D		0			0	Z	7		0		
Vitamin K (phylloquinone)		0.0			0	BFFN	4		0.0		
Dihydrophylloquinone	µg										

	<u>Am</u>	ount in 10	00 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of foo	<u>od</u>
					Source C	Confidence			
Nutrients and Units	Mean	Std. Erroi	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:			_		•				
Fatty acids, total saturatedg	0.00		1	LC	8		0.000		
4:0g	0.00		0	BFFN	4		0.000		
6:0g	0.00		0	BFFN	4 4		0.000		
8:0g 10:0g	0.00		0	BFFN BFFN	4		0.000		
12:0g	0.00		0	BFFN	4		0.000		
13:0	0.00	,,	U	DFFN	-		0.000		
14:0g	0.00	00	0	BFFN	4		0.000		
15:0g			•	22211	-		0.000		
16:0g	0.00	00	0	BFFN	4		0.000		
17:0g									
18:0g	0.00	00	0	BFFN	4		0.000		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.00	00	0	BFFN	4		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.00	00	0	BFFN	4		0.000		
17:1g									
18:1 undifferentiatedg	0.00		0	BFFN	4		0.000		
20:1g	0.00		0	BFFN	4		0.000		
22:1 undifferentiatedg 24:1 cg	0.00	00	0	BFFN	4		0.000		
Fatty acids, total polyunsaturated	0.00	00	0	BFFN	4		0.000		
18:2 undifferentiatedg	0.00	00	0	BFFN	4		0.000		
18:3 undifferentiatedg	0.00	00	0	BFFN	4		0.000		
18:4g	0.00	00	0	BFFN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00		0	BFFN	4		0.000		
20:5 n-3 (EPA)g	0.00	00	0	BFFN	4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00		0	BFFN BFFN	4 4		0.000		
22:6 n-3 (DHA)	0.00	,0	U	BFFN	4		0.000		
Fatty acids, total trans	0		1	LC	8		0		
Phytosterolsmg	U		1	ъс	0		U		
1 11/10/5101015119									
Others:									
Alcohol, ethylg	0.0		0	BFNN	4		0.0		
Caffeinemg	0		0	BFNN	4		0		
Theobrominemg	0		0	BFNN	4		0		

Common Measures:

Measure 1 = 67g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am our</u>	nt in 100 gr	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nun	nbei	r				easures of fo		
						Source C	Confidence			_	
Nutrients and Un	nits	Mean Sto	i. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:		F0 0F		0	PT C	4		45 40			
Water	-	59.85 180		0	FLC	4 4		45.48			
Energy					NC			137			
Energy		755	0 045	0	NC	4		574			
Protein (N x 6.25)		4.78	0.047	3	MC	9		3.64			
Total lipid (fat)	-	4.83	0.370	3	MC	9		3.67			
Ash	_	1.07		0	FLC	4		0.82			
Carbohydrate, by difference		29.46	0 000	0	NC	4		22.39 0.2			
Fiber, total dietary		0.3	0.092		MC	9					
Sugars, total		22.12	0.513	3	MC	9		16.81			
Starch	9										
Minerals: Calcium, Ca	ma	161	4.057	3	MC	9		122			
Iron, Fe	-	0.19	0.073	3	MC	9		0.15			
Magnesium, Mg		14	0.419	18	A	1		11			
Phosphorus, P		103	3.694		A	1		78			
Potassium, K		208	6.828		A	1		158			
Sodium, Na	_	74	2.417		A	1		56			
Zinc, Zn	-	0.73	0.353	18	A	1		0.56			
Copper, Cu	-	0.017		0	FLC	4		0.013			
Manganese, Mn		0.005		0	FLC	4		0.003			
Selenium, Se	µg	2.0	0.714	16	A	1		1.5			
Vitamins:											
Vitamin C, total ascorbic acid	mq	1.2	0.237	3	MC	9		0.9			
Thiamin	-	0.053		0	FLC	4		0.040			
Riboflavin	-	0.255		0	FLC	4		0.194			
Niacin	-	0.136		0	FLC	4		0.103			
Pantothenic acid	-	0.481		0	FLC	4		0.365			
Vitamin B-6	mg	0.045		0	FLC	4		0.034			
Folate, total	µg	6		0	FLC	4		5			
Folic acid	µg	0		0	FLC	4		0			
Folate, food	µg	6		0	FLC	4		5			
Folate, DFE	µg	6		0	NC	4		5			
Choline, total	mg	26.0		0	T	4		19.8			
Betaine	mg										
Vitamin B-12	µg	0.47		0	FLC	4		0.35			
Vitamin B-12, added	µg	0.00		0	Z	7		0.00			
Vitamin A, RAE	µg	128		0	FLA	4		98			
Retinol	µg	127		0	FLA	4		97			
Carotene, beta		14		0	FLA	4		11			
Carotene, alpha		0		0	FLA	4		0			
Cryptoxanthin, beta		0		0	FLA	4		0			
Vitamin A, IU		448	21.349	3	MC	9		340			
Lycopene		0		0	FLA	4		0			
Lutein + zeaxanthin		0		0	FLA	4		0			
Vitamin E (alpha-tocopherol)		0.12		0	FLC	4		0.09			
Vitamin E, added		0.00		0	Z	7		0.00			
Tocopherol, beta	-										
Tocopherol, gamma Tocopherol, delta											
Tocopnerol, delta Tocotrienol, alpha	-										
Tocotrienol, alpna Tocotrienol, beta	-										
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1		0	AS	1		0.1			
Vitamin D		4		0	BFFN	4		3			
Vitamin K (phylloquinone)		0.4		0	FLC	4		0.3			
Dihydrophylloquinone				-	_						
Menaquinone-4											

	<u>Am ou</u>	nt in 100 gram	s of edi	Amount in edible portion of common			
		Num b	er			easures of fo	
		of Dat	a Deriv	Source Confidence	е		
Nutrients and Units	Mean St	d. Error Point	s Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated	2.927	0.154 3	MC	9	2.224		
4:0g	0.141	0	FLC	4	0.107		
6:0g	0.099	0	FLC	4	0.075		
8:0g	0.074	0	FLC	4	0.056		
10:0g	0.117	0	FLC	4	0.089		
12:0g	0.127	0	FLC	4	0.097		
13:0g	0.000	0	FLC	4	0.000		
14:0g	0.471	0	FLC	4	0.358		
15:0g	0.000	0	FLC	4	0.000		
16:0g	1.260	0	FLC	4	0.958		
17:0g	0.000	0	FLC	4	0.000		
18:0g	0.570	0	FLC	4	0.433		
20:0g	0.000	0	FLC	4	0.000		
22:0g	0.000	0	FLC	4	0.000		
24:0g	0.000	0	FLC	4	0.000		
Fatty acids, total monounsaturatedg	1.281	0	FLC	4	0.974		
14:1g	0.000	0	FLC	4	0.000		
15:1g							
16:1 undifferentiatedg	0.070	0	FLC	4	0.053		
17:1g							
18:1 undifferentiatedg	1.211	0	FLC	4	0.920		
20:1g	0.000	0	FLC	4	0.000		
22:1 undifferentiatedg	0.000	0	FLC	4	0.000		
24:1 cg	0.010	•	TT 0	4			
Fatty acids, total polyunsaturatedg	0.219	0		4	0.166		
18:2 undifferentiated	0.134 0.085	0	FLC	4 4	0.102		
18:3 undifferentiated	0.000	0	FLC FLC	4	0.064 0.000		
	0.000	U	FLC	4	0.000		
20:2 n-6 c,c							
20:4 undifferentiated	0.000	0	FLC	4	0.000		
20:5 n-3 (EPA)	0.000	0		4	0.000		
21:5g	0.000	ŭ	120	•	0.000		
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000		
Fatty acids, total transg							
Cholesterolmg	27	12.719 3	MC	9	21		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	Z	7	0.0		
Caffeinemg	0	0	FLC	4	0		
Theobrominemg	0	0	FLC	4	0		

Common Measures:

Measure 1 = 76g: 1 serving 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Amo	<u>unt in 100 g</u>	rams	s or ear	bie portio	<u>on</u>	Amount in edible portion of common			
			Nu	m be	r			<u>m</u>	easures of fo	od_	
						Source (Confidence				
Nutrients and Un	its	Mean S	itd. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	g	65.52		0	FLA	4		44.56			
Energy		169		0	NC	4		115			
Energy		706		0	NC	4		480			
Protein		3.97	0.190		MC	9		2.70			
Total lipid (fat)		7.45	0.969		MC	9		5.07			
Ash	_	1.20		1	A	1		0.82			
Carbohydrate, by difference	_	21.42	0.25		MC	9		14.56			
Fiber, total dietary		0.0		0	NR	4		0.0			
Sugars, total		6.46	0.417	7 4	MC	9		4.39			
Starch											
Minerals:				_				_			
Calcium, Ca	_	136	4.924		MC	9		93			
Iron, Fe	_	0.19	0.037		MC	9		0.13			
Magnesium, Mg		9		0	FLM	4		6			
Phosphorus, P		75 196		0	FLM LC	4 8		51 133			
Potassium, K		96	23.018	-	MC	9		133 65			
Zinc, Zn	_	0.31	23.016	0	FLM	4		0.21			
Copper, Cu	_	0.030		0	FLM	4		0.020			
Manganese, Mn		0.006		0	FLM	4		0.004			
Selenium, Se		1.9		0	FLM	4		1.3			
,											
Vitamins:						_					
Vitamin C, total ascorbic acid	_	0.9	0.028		MC	9		0.6			
Thiamin	_	0.029		0	FLM	4		0.020			
Riboflavin	_	0.122 0.074		0	FLM FLM	4 4		0.083 0.050			
Niacin	_	0.074		0	FLM	4		0.030			
Pantothenic acid Vitamin B-6	_	0.236		0	FLM	4		0.019			
Folate, total	_	4		0	FLM	4		3			
Folic acid		0		0	FLA	4		0			
Folate, food		4		0	FLM	4		3			
Folate, DFE		4		0	NC	4		3			
Choline, total		23.0		0	0	4		15.6			
Betaine	_										
Vitamin B-12	_	0.52		0	LC	8		0.35			
Vitamin B-12, added	µg	0.00		0	z	7		0.00			
Vitamin A, RAE	µg	86		0	NC	4		58			
Retinol	µg	85		0	FLM	4		58			
Carotene, beta	µg	12		0	FLM	4		8			
Carotene, alpha	µg	0		0	FLM	4		0			
Cryptoxanthin, beta	µg	0		0	FLM	4		0			
Vitamin A, IU	IU	302	14.418	3 4	MC	9		206			
Lycopene		0		0	FLM	4		0			
Lutein + zeaxanthin		0		0	FLM	4		0			
Vitamin E (alpha-tocopherol)		0.29		0	FLM	4		0.19			
Vitamin E, added		0.00		0	Z	7		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta Tocotrienol, gamma											
Tocotrienol, delta	_										
Vitamin D (D2 + D3)		0.1		0	AS	1		0.1			
Vitamin D		5		0	BFFN	4		4			
Vitamin K (phylloquinone)		2.8		0	FLM	4		1.9			
Dihydrophylloquinone				•		-					
Menaquinone-4											

	<u>Am ount</u>	in 100 gram	s of edi	Amount in edible portion of common				
		r	measures of food					
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	4.048	0.074 4	MC	9		2.752		
4:0g	0.213	1	A	1		0.145		
6:0g	0.116	1	A	1		0.079		
8:0g	0.067	1	A	1		0.046		
10:0g	0.149	1	A	1		0.101		
12:0g	0.153	1	A	1		0.104		
13:0g	0.000	0	FLM	4		0.000		
14:0g	0.495	1	A	1		0.337		
15:0g	0.053	1	A	1		0.036		
16:0g	1.439	1	A	1		0.979		
	0.032	1	A	1				
17:0g		1	A	1		0.022		
18:0g	0.956	_				0.650		
20:0g	0.012	1	A	1		0.008		
22:0g	0.006	1	A	1		0.004		
24:0g	0.005	1	A	1		0.003		
Fatty acids, total monounsaturatedg	1.855	0	FLM	4		1.262		
14:1g	0.048	1	A	1		0.033		
15:1g								
16:1 undifferentiatedg	0.088	1	A	1		0.060		
17:1g	0.016	1	A	1		0.011		
18:1 undifferentiatedg	1.388	1	A	1		0.944		
20:1g	0.012	1	A	1		0.008		
22:1 undifferentiatedg	0.005	1	A	1		0.003		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.740	0	FLM	4		0.503		
18:2 undifferentiatedg	0.165	1	A	1		0.112		
18:3 undifferentiated	0.032	1	A	1		0.022		
18:4g	0.005	1	A	1		0.003		
20:2 n-6 c,cg	0.005	-		-		0.005		
20:3 undifferentiatedg	0.002	1	A	1		0.002		
20:4 undifferentiated	0.002	1	A	1		0.002		
	0.011	1	A A	1				
20:5 n-3 (EPA)g	0.002	1	A	1		0.001		
21:5g								
22:4g		_						
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLM	4		0.000		
Fatty acids, total transg	-							
Cholesterolmg	27	8.738 4	MC	9		18		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0		
Caffeinemg	0	0	FLM	4		0		
Theobrominemg	0	0	FLM	4		0		

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

				Nur	mber	•			Amount in edible portion of common measures of food			
							Source	Confidence				
Nutrients and Uni	ite	Mean	Std E	rror Po				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on		Wean	olu. L	1101					Weasure	Wedsule 2	Weasure	
Proximates:												
Water	_	69.60)	0.153			1		61.25			
Energy	kcal	126			0		4		111			
Energy	kJ	527			0		4		464			
Protein (N x 6.4)	g	4.90)		1		4		4.31			
Total lipid (fat)	g	2.60)	0.116	67		1		2.29			
Ash	g	1.10)		1		4		0.97			
Carbohydrate, by difference	g	21.80)		0	NC	4		19.18			
Fiber, total dietary	g	0.0			0		4		0.0			
Sugars, total	g	18.69	•		0	BFCN	4		16.45			
Starch	g											
Minerals:												
Calcium, Ca	ma	157			1		4		138			
Iron, Fe	-	0.06	5		1		4		0.05			
Magnesium, Mg		14			1		4		12			
Phosphorus, P		121			1		4		106			
Potassium, K		221			1		4		194			
Sodium, Na	<u>mg</u>	70			1		4		62			
Zinc, Zn	mg	0.53	3		1		4		0.47			
Copper, Cu	mg	0.02	27		1		4		0.024			
Manganese, Mn	<u>mg</u>	0.00	8		1		4		0.007			
Selenium, Se	µg	3.6			0	BFPN	4		3.2			
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.9			1		4		0.8			
Thiamin	-	0.05	52		1		4		0.046			
Riboflavin	-	0.19			1		4		0.174			
Niacin	-	0.11			1		4		0.104			
Pantothenic acid	-	0.44	<u>1</u> 7		1		4		0.393			
Vitamin B-6	-	0.04	16		1		4		0.040			
Folate, total	µg	5			0	FLA	4		4			
Folic acid		0			0	FLA	4		0			
Folate, food	µg	5			0	FLA	4		4			
Folate, DFE		5			0	NC	4		4			
Choline, total	mg	20.3			0	T	4		17.9			
Betaine	mg											
Vitamin B-12	µg	0.50)		1		4		0.44			
Vitamin B-12, added	µg	0.00)		0	Z	7		0.00			
Vitamin A, RAE	µg	29			0	FLA	4		25			
Retinol	µg	28			0	FLA	4		25			
Carotene, beta	µg	5			0	FLA	4		5			
Carotene, alpha	µg	0			0	FLA	4		0			
Cryptoxanthin, beta	µg	0			0	FLA	4		0			
Vitamin A, IU	<u>IU</u>	103			1		4		91			
Lycopene	µg	0			0	FLA	4		0			
Lutein + zeaxanthin		0			0	FLA	4		0			
Vitamin E (alpha-tocopherol)	mg	0.06	5		0	FLA	4		0.05			
Vitamin E, added		0.00)		0	Z	7		0.00			
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta		_			_	_	_					
Vitamin D (D2 + D3)		0.0			0	Z	7		0.0			
Vitamin D		0			0	Z	7		0			
Vitamin K (phylloquinone)	ua	0.4			0	BFZN	4		0.3			
Dihydrophylloquinone												

	Amount in edible portion of common									
			Number				measures of food			
					Source Confidence	Confidence				
Nutrients and Units	Mean	Std. Erro	or Points			Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated	.g 1.e	530	0		1		1.434			
4:0	•	090	2		1		0.079			
6:0	. •	050	2		1		0.044			
8:0 10:0		030 070	2 2		1 1		0.026 0.062			
12:0	-	070	2		1		0.062			
13:0	-		_		_					
14:0	.g 0.2	270	2		1		0.238			
15:0	-									
16:0	.0	730	2		1		0.642			
17:0 18:0.	•	320	2		1		0.282			
20:0	.0	520	_		-		0.202			
22:0	.g									
24:0	=									
Fatty acids, total monounsaturated		760	0		1		0.669			
14:1 15:1	-									
16:1 undifferentiated		060	2		1		0.053			
17:1										
18:1 undifferentiated	.g 0.'	700	2		1		0.616			
20:1	-	000	0		1		0.000			
22:1 undifferentiated	-	000	0		1		0.000			
24:1 cFatty acids, total polyunsaturated	-	100	0		1		0.088			
18:2 undifferentiated		060	2		1		0.053			
18:3 undifferentiated	-	040	2		1		0.035			
18:4	.g 0.0	000	0		1		0.000			
20:2 n-6 c,c										
20:3 undifferentiated		200	•		1		0.000			
20:4 undifferentiated 20:5 n-3 (EPA)		000 000	0		1 1		0.000			
21:5	=	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	·		-		0.000			
22:4	-									
22:5 n-3 (DPA)	.0	000	0		1		0.000			
22:6 n-3 (DHA)		000	0		1		0.000			
Fatty acids, total trans			1		4		11			
Phytosterols	_		_		-		11			
3	3									
Amino Acids:	α 0.4	059	0		1		0.052			
Tryptophan Threonine		159 197	0		1		0.052			
Isoleucine	.0	260	0		1		0.229			
Leucine	-	124	0		1		0.373			
Lysine		351	0		1		0.309			
Methionine		L09	0		1		0.096			
Cystine		039 211	0		1 1		0.034 0.186			
Phenylalanine Tyrosine		204	0		1		0.180			
Valine	.0	292	0		1		0.257			
Arginine		185	0		1		0.163			
Histidine		L17	0		1		0.103			
Alanine		L84	0		1		0.162			
Aspartic acid	.0	345 923	0		1 1		0.304 0.812			
Glutamic acid	-0	923 L82	0		1		0.812			
Proline		166	0		1		0.410			
Serine	=	241	0		1		0.212			
Hydroxyproline	.g									
Others:										
Alcohol, ethyl	=)	0		7		0.0			
Caffeine	.mg 0		0	Z	7		0			

Ice creams, vanilla, light, soft-serve

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 serving 1/2 cup

Calories Factors: Protein 4.1 Fat 8.79 Carbohydrate 3.8

0

Food Group: 19 Sweets

		<u>Am ou</u>	ınt in 100 gı	Amount in edible portion of common						
			Nur		measures of food					
						Source Co	Confidence	_		
Nutrients and Units		Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	57.20	0.555	7		1		61.20		
Energy	-	249	0.555	0	NC	4		266		
Energy		1042		0	NC	4		1115		
Protein (N x 6.25)		3.50	0.416	-	NC	1		3.75		
	-	16.20	0.212			1		17.33		
Total lipid (fat)	_	0.81	0.212	0	FLA	4		0.86		
Ash Carbohydrate, by difference	-	22.29		0	NC NC	4		23.86		
•		0.0		1	LC	8		0.0		
Fiber, total dietary				2	LC	8				
Sugars, total		20.65		2	TC	8		22.10		
Starch	g									
Minerals:	ma	117		2	T.G	•		126		
Calcium, CaIron. Fe	_	0.34		2 1	LC LC	8 8		126 0.36		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	11		0	FLA	4		12		
Phosphorus, P		105		0	FLA	4		112		
Potassium, K	_	157		0	FLA	4		168		
Sodium, Na	•	61		2	LC	8		65		
Zinc, Zn	_	0.47		0	FLA	4		0.50		
Copper, Cu	_	0.008		0	FLA	4		0.009		
Manganese, Mn	_	0.004		0	FLA	4		0.004		
Selenium, Se		3.5		0	FLA	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	LC	8		0.0		
Thiamin	_	0.041		0	FLA	4		0.044		
Riboflavin	_	0.167		0	FLA	4		0.179		
Niacin	_	0.082		0	FLA	4		0.087		
Pantothenic acid	_	0.460		0	FLA	4		0.492		
Vitamin B-6		0.045		0	FLA	4		0.048		
Folate, total	_	8		0	FLA	4		8		
Folic acid		0		0	FLA	4		0		
Folate, food		8		0	FLA	4		8		
Folate, DFE		9		0	FLA	4		9		
Choline, total		26.0		0	т	4		27.8		
Betaine	_									
Vitamin B-12	_	0.39		0	FLA	4		0.42		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		182		0	FLA	4		195		
Retinol		179		0	FLA	4		192		
Carotene, beta		32		0	FLA	4		34		
Carotene, alpha		1		0	FLA	4		1		
Cryptoxanthin, beta		1		0	FLA	4		1		
Vitamin A, IU		653		0	FLA	4		699		
Lycopene		0		0	FLA	4		0		
Lutein + zeaxanthin		34		0	FLA	4		36		
Vitamin E (alpha-tocopherol)	mg	0.51		0	FLA	4		0.55		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	_									
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta				_						
Vitamin D (D2 + D3)		0.3		0	AS	1		0.3		
Vitamin D		12		0	BFFN	4		13		
Vitamin K (phylloquinone)		1.3		0	FLA	4		1.4		
Dihydrophylloquinone										
Menaquinone-4	µg									

	An	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
			Number of Data		Source	Confidence			<u>00u</u>	
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated			2 0	LC	8		11.052			
4:0	-		0	FLA FLA	4 4		0.526 0.310			
8:0	•		0	FLA	4		0.181			
10:0	=		0	FLA	4		0.406			
12:0	=	25	0	FLA	4		0.454			
14:0		26	0	FLA	4		1.632			
15:0			0	FLA	4		0.000			
16:0			0	FLA FLA	4 4		4.460 0.000			
18:0			0	FLA	4		2.032			
20:0		00	0	FLA	4		0.000			
22:0	•		0	FLA	4		0.000			
Fatty acids, total monounsaturated	•		0	FLA FLA	4 4		0.000 4.772			
14:1			0	FLA	4		0.000			
15:1										
16:1 undifferentiated	=	60	0	FLA	4		0.385			
17:1		98	0	FLA	4		4.385			
20:1	=		0	FLA	4		0.002			
22:1 undifferentiated	=	00	0	FLA	4		0.000			
Fatty acids, total polyunsaturated		80	0	FLA	4		0.727			
18:2 undifferentiated	=		0	FLA	4		0.468			
18:3 undifferentiated			0	FLA FLA	4 4		0.238 0.001			
20:2 n-6 c,c		01	v	LDA	-		0.001			
20:3 undifferentiated										
20:4 undifferentiated			0	FLA	4		0.015			
20:5 n-3 (EPA)		01	0	FLA	4		0.001			
22:4	•									
22:5 n-3 (DPA)	•		0	FLA	4		0.000			
22:6 n-3 (DHA)		04	0	FLA	4		0.004			
Fatty acids, total trans			2	LC	8		98			
Phytosterols	-						20			
Amino Acids:										
Tryptophan	0.0	41	0		1		0.044			
Threonine	=		0		1		0.148			
Isoleucine	•		0		1 1		0.195 0.319			
Leucine	•		0		1		0.319			
Methionine	•		0		1		0.081			
Cystine	•		0		1		0.029			
Phenylalanine			0		1 1		0.159			
TyrosineValine			0		1		0.152 0.219			
Arginine	•		0		1		0.144			
Histidine	•		0		1		0.089			
Alanine	=	36	0		1		0.146			
Aspartic acid		52	0		1		0.698			
Glycine	•		0		1		0.157			
Proline			0		1		0.362			
Serine	=	71	0		1		0.183			
Hydroxyproline	3									
Others:	0.0		0	ג זים	4		0.0			
Alcohol, ethyl	•		0	FLA FLA	4 4		0.0			
= 	•		•		-		-			

NDB No. 19089

Ice creams, vanilla, rich

	An	nount in 10	•		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error		Deriv	Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Caffeinemg Theobrominemg	0		0	FLA FLA	4 4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 107g: .5 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Nutrients and Units Proximates: Water Energy.	S			nber	r				edible portion easures of fo	
Proximates: Water	S						measures of food			
Proximates: Water	s		f 1T	Data	Deriv	Source C	Confidence			_
Proximates: Water	5	Mean	Std. Error Po				Code	Magazira 1	Magazira 2	Magaura
Water		wean .	Sta. Error 10	11113	Oode	Oode	Oode	Measure 1	Measure 2	Measure
Water										
	g	30.47	2.280	8	A	1		6.09	4.27	
Energy		278		0	NC	4		56	39	
Energy		1163		0	NC	4		233	163	
Protein (N x 6.25)		0.37	0.180	13	A	1		0.07	0.05	
Total lipid (fat)	-	0.07	0.070	10	A	1		0.01	0.01	
Ash		0.23	0.030	3	A	1		0.05	0.03	
Carbohydrate, by difference		68.86		0	NC	4		13.77	9.64	
Fiber, total dietary		1.1		0		1		0.2	0.2	
Sugars, total		48.50		2	A	1		9.70	6.79	
Starch										
	9									
Minerals:										
Calcium, Ca	-	20		1		1		4	3	
Iron, Fe	-	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg		4		1		1		1	1	
Phosphorus, P		19		0	FLC	4		4	3	
Potassium, K	_	77	2.028	3		1		15	11	
Sodium, Na		32	9.040	5	A	1		6	4	
Zinc, Zn	-	0.06		4		1		0.01	0.01	
Copper, Cu		0.10		1		1		0.020	0.014	
Manganese, Mn		0.04 2.0	U	1 1	A	1 1		0.008 0.4	0.006 0.3	
Selenium, Se	µg	2.0		1	A	1		0.4	0.3	
/itamins:_										
Vitamin C, total ascorbic acid	mg	8.8		2		1		1.8	1.2	
Thiamin	mg	0.01	6	0	FLC	4		0.003	0.002	
Riboflavin	mg	0.07	6	0	FLC	4		0.015	0.011	
Niacin	mg	0.03	6	1		1		0.007	0.005	
Pantothenic acid	mg	0.02	0	1		1		0.004	0.003	
Vitamin B-6	mg	0.02	0	2		1		0.004	0.003	
Folate, total	µg	11		0	FLC	4		2	2	
Folic acid	µg	0		0	FLC	4		0	0	
Folate, food	µg	11		0	FLC	4		2	2	
Folate, DFE	µg	11		0	NC	4		2	2	
Choline, total	mg	10.2		0	AS	1		2.0	1.4	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	FLC	4		0	0	
Carotene, beta	µg	0		0	FLC	4		0	0	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	
Vitamin A, IU	<u>IU</u>	0		0	NC	4		0	0	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLC	4		0.02	0.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	<u>I</u> U	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone	µg									

		<u>An</u>	nount	in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in e	edible portion	of common
					Number					easures of foo	•
							Source (Confidence	_		_
Nutrients and Units		Mean	Std.	Error	Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated		0.0			0		1		0.002	0.001	
4:0	•	0.0			0		1		0.000	0.000	
6:0 8:0.		0.0			0		1 1		0.000	0.000 0.000	
10:0	0	0.0			0		1		0.000	0.000	
12:0	_	0.0			0		1		0.000	0.000	
13:0	g										
14:0	_	0.0	00		0		1		0.000	0.000	
15:0	_	0.0	.04		0	BFFN	4		0 001	0.001	
16:0 17:0	_	0.0	104		U	DFFN	-		0.001	0.001	
18:0	_	0.0	00		0		1		0.000	0.000	
20:0	g										
22:0											
24:0			20		•						
Fatty acids, total monounsaturated	-	0.0	38		0	BFFN	4		0.008	0.005	
15:1											
16:1 undifferentiated	-	0.0	00		0		1		0.000	0.000	
17:1	g										
18:1 undifferentiated		0.0			0	BFFN	4		0.001	0.001	
20:1		0.0			0	BFFN	4		0.004	0.003	
22:1 undifferentiated 24:1 c	•	0.0	14		0	BFFN	4		0.003	0.002	
Fatty acids, total polyunsaturated	_	0.0	00		0		1		0.000	0.000	
18:2 undifferentiated		0.0	00		0		1		0.000	0.000	
18:3 undifferentiated	g	0.0	00		0		1		0.000	0.000	
18:4	-	0.0	00		0		1		0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated	-	0.0	00		0		1		0.000	0.000	
20:5 n-3 (EPA)		0.0			0		1		0.000	0.000	
21:5	_										
22:4	g										
22:5 n-3 (DPA)	_	0.0			0		1		0.000	0.000	
22:6 n-3 (DHA) Fatty acids, total trans		0.0	000		0		1		0.000	0.000	
Cholesterol	-	0			0	FLC	4		0	0	
Phytosterols	-	12			0	FLC	4		2	2	
Ž	0										
Amino Acids: Tryptophan	a	0.0	.00		0		1		0.002	0.001	
Threonine		0.0			0		1		0.002	0.001	
Isoleucine	-	0.0			0		1		0.003	0.002	
Leucine	g	0.0	37		0		1		0.007	0.005	
Lysine		0.0			0		1		0.006	0.004	
Methionine	_	0.0			0		1		0.000	0.000	
Cystine Phenylalanine	-	0.0			0 0		1 1		0.001 0.004	0.001 0.003	
Tyrosine	-	0.0			0		1		0.004	0.003	
Valine		0.0			0		1		0.004	0.003	
Arginine		0.0	32		0		1		0.006	0.004	
Histidine	g	0.0			0		1		0.003	0.002	
Alanine	-	0.0			0		1		0.007	0.005	
Aspartic acid		0.1 0.1			0 0		1 1		0.033 0.022	0.023 0.015	
Glutamic acidGlycine		0.0			0		1		0.022	0.015	
Proline		0.0			0		1		0.005	0.004	
Serine	_	0.0			0		1		0.006	0.004	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0)		0		7		0.0	0.0	
Caffeine	mg	0			0	FLC	4		0	0	

NDB No. 19297 Jams and preserves

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am ot</u>	unt in 100 gr	am s	of edil	ble portion		Amount in e	dible portion	of common
			Nun	nber					easures of foo	
						Source Co	nfidanca			
Nutrients and Uni	4.0	Mean Si	d. Error Po			Code	Code	Magazza 1	Magazira 2	Measure
Nutrients and Oni	ıs	wean 5	ia. Error 10	11113	Oouc	Oode	Oode	Measure 1	Measure 2	weasure
Proximates:										
Water		34.50	0.811	6		1		6.90	4.83	
Energy	kcal	242		0	NC	4		48	34	
Energy	kJ	1014		0	NC	4		203	142	
Protein (N x 6.25)	g	0.70	0.106	11		1		0.14	0.10	
Total lipid (fat)	g	0.20	0.029	8		1		0.04	0.03	
Ash	g	0.20		1		1		0.04	0.03	
Carbohydrate, by difference	g	64.40		0	NC	4		12.88	9.02	
Fiber, total dietary	g	0.3		0	FLM	4		0.1	0.0	
Sugars, total	g	43.40		0	FLM	4		8.68	6.08	
Starch	g									
Minerals:										
Calcium, Ca	_	20		1		1		4	3	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg		4		1		1		1	1	
Phosphorus, P		3	2 22-	0	FLM	4		1	0	
Potassium, K	_	77	2.028	3		1		15	11	
Sodium, Na	_	40 0.06	9.735 0.023	3 4		1 1		8 0.01	6 0.01	
Zinc, Zn Copper, Cu		0.100	0.023	1		1		0.01	0.01	
Manganese, Mn		0.100		1		1		0.020	0.014	
Selenium, Se	_	2.0		0	BFZN	4		0.4	0.3	
/itamins:				ŭ		-		***		
Vitamin C, total ascorbic acid	ma	8.8		2		1		1.8	1.2	
Thiamin	_	0.000		1		1		0.000	0.000	
Riboflavin	_	0.022		0	FLM	4		0.004	0.003	
Niacin	_	0.036		1		1		0.007	0.005	
Pantothenic acid	_	0.020		1		1		0.004	0.003	
Vitamin B-6		0.020		2		1		0.004	0.003	
Folate, total	_	1		0	FLM	4		0	0	
Folic acid		0		0	FLM	4		0	0	
Folate, food	µg	1		0	FLM	4		0	0	
Folate, DFE	µg	1		0	NC	4		0	0	
Choline, total	mg	0.4		0	FLM	4		0.1	0.1	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE	µg	10		0	NC	4		2	1	
Retinol	µg	0		0	FLM	4		0	0	
Carotene, beta		116		0	FLM	4		23	16	
Carotene, alpha		2		0	FLM	4		0	0	
Cryptoxanthin, beta		11		0	FLM	4		2	2	
Vitamin A, IU		205 0		0	NC FLM	4 4		41 0	29 0	
Lycopene		9		0	FLM	4		2	1	
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.13		0	FLM	4		0.03	0.02	
Vitamin E, added		0.00		0	FLM	4		0.00	0.02	
Tocopherol, beta		0.00		·		-		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	<u>I</u> U	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone	ua									

	<u>Am ou</u>	nt in 100 gram	s of edi		Amount in edible portion of common measures of food		
		Num be	r		<u>m</u>	easures of foo	<u>oa</u>
		of Data	Deriv	Source Confide	ence		
N utrients and U nits	Mean Sto	d. Error Points	Code	Code Cod	e Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated	0.010	0		1	0.002	0.001	
4:0g	0.000	0	FLM	4	0.000	0.000	
6:0g	0.000	0	FLM	4	0.000	0.000	
8:0g	0.000	0	FLM	4	0.000	0.000	
10:0g	0.000	0	FLM	4	0.000	0.000	
12:0g	0.000	0	FLM	4	0.000	0.000	
13:0g							
14:0g	0.000	0	FLM	4	0.000	0.000	
15:0g							
16:0g	0.000	0	FLM	4	0.000	0.000	
17:0g							
18:0g	0.000	0	FLM	4	0.000	0.000	
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	0.000	0	FLM	4	0.000	0.000	
14:1g							
15:1g							
16:1 undifferentiated	0.000	0	FLM	4	0.000	0.000	
17:1g							
18:1 undifferentiated	0.000	0	FLM	4	0.000	0.000	
20:1g	0.000	0	FLM	4	0.000	0.000	
22:1 undifferentiatedg	0.000	0	FLM	4	0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.000	0	FLM	4	0.000	0.000	
18:2 undifferentiated	0.000	0	FLM	4	0.000	0.000	
18:3 undifferentiated	0.000	0	FLM	4	0.000	0.000	
18:4g	0.000	0	FLM	4	0.000	0.000	
20:2 n-6 c.cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	FLM	4	0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	FLM	4	0.000	0.000	
21:5							
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLM	4	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLM	4	0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	0	0	FLM	4	0	0	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	FLM	4	0.0	0.0	
Caffeinemg	0	0	FLM	4	0	0	
Theobrominemg	0	0	FLM	4	0	0	

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>Amount in</u>	100 grams	of edil	ole portio	<u>1</u>	Amount in e	edible portion	of common
			Num be	r				easures of fo	
					Source C	onfidence			
Nutrients and U	nits	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		45.80	0		4		102.59	6.41	
Energy		132	0	NC	4		297	19	
Energy		554	0	NC	4		1241	78	
Protein (N x 6.25)		0.30	1		1		0.67	0.04	
Total lipid (fat)	g	0.30	1		1		0.67	0.04	
Ash	g	0.18	0	BFSN	4		0.40	0.03	
Carbohydrate, by difference		53.42	0	NC	4		119.66	7.48	
Fiber, total dietary	g	2.5	0		4		5.6	0.4	
Sugars, total	g	37.81	0	BFSN	4		84.69	5.29	
Starch	g								
Minerals:									
Calcium, Ca	-	9	0		4		20	1	
Iron, Fe		0.40	0		4		0.90	0.06	
Magnesium, Mg		5	0		4		11	1	
Phosphorus, P		9	0		4		20	1	
Potassium, K	-	69	0		4		155	10	
Sodium, Na	-	0 0.06	0		4 4		0	0 0.01	
Zinc, Zn	-	0.024	0		4		0.13 0.054	0.01	
Copper, Cu		0.024	U		*		0.054	0.003	
Selenium, Se		1.7	0	BFSN	4		3.8	0.2	
,	µ9	1.7	Ū	DIBIN	-		3.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid	-	0.0	0		4		0.0	0.0	
Thiamin		0.000	0		4		0.000	0.000	
Riboflavin	-	0.000	0		4		0.000	0.000	
Niacin	_	0.000	0		4		0.000	0.000	
Pantothenic acid	-		•						
Vitamin B-6	_	0.020 9	0		4 4		0.045	0.003	
Folate, total		0	0	BFSN	4		20 0	1 0	
Folic acid		9	0	BFSN	4		20	1	
Folate, food		9	0	NC	4		20	1	
Folate, DFE		8.0	0	0	4		17.8	1.1	
Betaine		0.0	Ū	O	-		17.0	1.1	
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00	0		7		0.00	0.00	
Vitamin B-12. added		0.00	0	z	, 7		0.00	0.00	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	BFSN	4		0	0	
Carotene, beta		0	0	BFSN	4		0	0	
Carotene, alpha		0	0	BFSN	4		0	0	
Cryptoxanthin, beta		0	0	BFSN	4		0	0	
Vitamin A, IU		0	0		4		0	0	
Lycopene		0	0	BFSN	4		0	0	
Lutein + zeaxanthin		0	0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)		0.09	0	BFSN	4		0.21	0.01	
Vitamin E, added		0.00	0	z	7		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	g								
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0	0.0	
Vitamin D		0	0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0	
Dihydrophylloquinone									
Menaquinone-4	µg								

	Amount i	n 100 grams (of edibl	le portion		Amount in edible portion of common measures of food			
		Number			<u>m</u>	easures of foo	<u>oa</u>		
Nutrients and Units	Mean Std. E	of Data rror Points		Source Confidence Code Code	Measure 1	Measure 2	Measure 3		
<u>Lipids:</u>									
Fatty acids, total saturatedg	0.016	0		4	0.036	0.002			
4:0g	0.000	0		4	0.000	0.000			
6:0g	0.000	0		4	0.000	0.000			
8:0g	0.000	0		4	0.000	0.000			
10:0g	0.000	0		4	0.000	0.000			
12:0g	0.000	0		4	0.000	0.000			
13:0g									
14:0g	0.000	0		4	0.000	0.000			
15:0g									
16:0g	0.011	0		4	0.025	0.002			
17:0g									
18:0g	0.003	0		4	0.007	0.000			
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.042	0		4	0.094	0.006			
14:1g									
15:1g									
16:1 undifferentiatedg	0.001	0		4	0.002	0.000			
17:1g									
18:1 undifferentiatedg	0.041	0		4	0.092	0.006			
20:1g	0.000	0		4	0.000	0.000			
22:1 undifferentiatedg	0.000	0		4	0.000	0.000			
24:1 cg									
Fatty acids, total polyunsaturatedg	0.151	0		4	0.338	0.021			
18:2 undifferentiatedg	0.088	0		4	0.197	0.012			
18:3 undifferentiatedg	0.063	0		4	0.141	0.009			
18:4g	0.000	0		4	0.000	0.000			
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.000	•		4					
20:4 undifferentiatedg	0.000	0		4	0.000	0.000			
20:5 n-3 (EPA)g	0.000	0		4	0.000	0.000			
21:5g									
22:4g		•							
22:5 n-3 (DPA)g	0.000	0		4	0.000	0.000			
22:6 n-3 (DHA)	0.000	0		4	0.000	0.000			
Fatty acids, total transg	^	0		7	0	0			
Cholesterol mg	0	U		7	U	U			
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7	0.0	0.0			
Caffeinemg	0	0	BFSN	4	0	0			
Theobrominemg	0	0	BFSN	4	0	0			

Common Measures:

Measure 1 = 224g: 1 cup Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 0 Fat 0 Carbohydrate 2.47

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole porti	<u>on</u>		edible portion	
				Num ber		0 -	0 (1)	<u>m</u>	<u> </u>	<u> </u>
							Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		62.00)	0		4				
Energy		151		0	NC	4				
Energy		633		0	NC	4				
Protein		0.00		0	NR	4				
Total lipid (fat)		0.10		0		4				
Ash		0.30		0	FLC	4				
Carbohydrate, by difference		37.60)	0	NC	4				
Fiber, total dietary		1.5		0	FLC	4				
Sugars, total		29.41	=	U	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	<u>m</u> g	0		0	NR	4				
Iron, Fe		0.00)	0	NR	4				
Magnesium, Mg		4		0		4				
Phosphorus, P		7		0		4				
Potassium, K		59 0		0	NTD.	4 4				
Sodium, NaZinc, Zn	-	0.05	:	0	NR	4				
Copper, Cu		0.03		0	FLC	4				
Manganese, Mn		0.28		0	FLC	4				
Selenium, Se		0.4		0	FLC	4				
<u>Vitamins:</u>	ma	15.0		•		4				
Vitamin C, total ascorbic acid Thiamin	-	15.0 0.01	0	0		4 4				
Riboflavin	-	0.02		0		4				
Niacin	-	0.08		0		4				
Pantothenic acid	-	0.09		0	FLC	4				
Vitamin B-6		0.02	20	0		4				
Folate, total	µg	18		0	FLC	4				
Folic acid	µg	0		0	NR	4				
Folate, food	µg	18		0	FLC	4				
Folate, DFE		18		0	NC	4				
Choline, total	-	4.2		0	FLC	4				
Betaine						_				
Vitamin B-12		0.00		0	NR	7 4				
Vitamin B-12, added Vitamin A, RAE		0.00	,	0	NC	4				
Retinol		0		0	FLC	4				
Carotene, beta		5		0	FLC	4				
Carotene, alpha		0		0	FLC	4				
Cryptoxanthin, beta		0		0	FLC	4				
Vitamin A, IU		9		0		4				
Lycopene	µg	0		0	FLC	4				
Lutein + zeaxanthin	µg	20		0	FLC	4				
Vitamin E (alpha-tocopherol)		0.21		0	NR	4				
Vitamin E, added		0.00)	0	FLC	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	FLC	4				
Vitamin D	IU	0		0	FLC	4				
Vitamin K (phylloquinone)		1.6		0	FLC	4				
Dihydrophylloquinone		0.0		0	FLC	4				
Menaquinone-4	µg									

	<u>Am our</u>			Amount in 100 grams of edible portion Number								
			-	_		<u></u>	easures of foo	<u>, u</u>				
Nutrients and Units	Mean Sto	of Data I. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3				
Lipids:												
Fatty acids, total saturated	0.005	0		4								
4:0g	0.000	0		4								
6:0g	0.000	0		4								
8:0g	0.000	0		4								
10:0g	0.000	0		4								
12:0g	0.000	0		4								
13:0g		-		_								
14:0g	0.000	0		4								
15:0g												
16:0g	0.004	0		4								
17:0g												
18:0g	0.001	0		4								
20:0g												
22:0g												
24:0g												
Fatty acids, total monounsaturatedg	0.014	0		4								
14:1g												
15:1g												
16:1 undifferentiatedg	0.000	0		4								
17:1g												
18:1 undifferentiatedg	0.014	0		4								
20:1g	0.000	0		4								
22:1 undifferentiatedg	0.000	0		4								
24:1 cg												
Fatty acids, total polyunsaturated	0.050	0		4								
18:2 undifferentiatedg	0.029	0		4								
18:3 undifferentiatedg	0.021	0		4								
18:4g	0.000	0		4								
20:2 n-6 c,cg												
20:3 undifferentiated	0.000	0		4								
20:4 undifferentiatedg	0.000	0		4								
20:5 n-3 (EPA)g	0.000	U		4								
21:5g 22:4g												
22:5 n-3 (DPA)g	0.000	0		4								
22:6 n-3 (DHA)g	0.000	0		4								
Fatty acids, total trans	0.000	v		-								
Cholesterolg	0	0		7								
Phytosterolsmg	ŭ	· ·		•								
Others:												
Alcohol, ethyl	0.0	0		7								
Caffeineg	0.0	0	FLC	4								
Theobrominemg	0	0	FLC	4								
THEODIOHIHE	U	0	FIIC	-2								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10			ole porti	<u>on</u>		edible portion easures of fo	
				Number		_		<u> </u>	easures or roo	<u>50</u>
Nutrients and Ur	nits	Mean	Std. Erro				Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		46.8	4	0	FLC	4				
Energy		212		0	NC	4				
Energy	kJ	886		0	NC	4				
Protein	g	0.0	0	0	LC	8				
Total lipid (fat)	g	0.0	0	0	LC	8				
Ash	g	0.2	3	0	FLC	4				
Carbohydrate, by difference	g	52.9	3	0	NC	4				
Fiber, total dietary	g	0.9		0	FLC	4				
Sugars, total	g	42.0	0	0	LC	8				
Starch										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11		0	FLC	4				
Iron, Fe	mg	0.3	4	0	FLC	4				
Magnesium, Mg	mg	5		0	FLC	4				
Phosphorus, P	mg	6		0	FLC	4				
Potassium, K	mg	65		0	FLC	4				
Sodium, Na	mg	0		0	LC	8				
Zinc, Zn	mg	0.2	0	0	FLC	4				
Copper, Cu	mg	0.0	31	0	FLC	4				
Manganese, Mn	mg	0.1	58	0	FLC	4				
Selenium, Se	µg	0.8		0	FLC	4				
Vitaming										
Vitamins:		10.1		•	a					
Vitamin C, total ascorbic acid	-	18.1		0	FLC FLC	4 4				
Thiamin		0.0								
Riboflavin	_	0.0		0	FLC	4				
Niacin	-	0.2		0	FLC	4				
Pantothenic acid		0.0		0	FLC	4				
Vitamin B-6	_	0.0	12	0	FLC	4				
Folate, total		7		0	FLC	4				
Folic acid		0		0	FLC	4				
Folate, food	µg	7		0	FLC	4				
Folate, DFE	µg	7		0	NC	4				
Choline, total	-	2.5		0	FLC	4				
Betaine	mg	0.0		0	FLC	4				
Vitamin B-12		0.0	0	0	FLC	4				
Vitamin B-12, added	µg	0.0	0	0	FLC	4				
Vitamin A, RAE	µg	1		0	NC	4				
Retinol	µg	0		0	FLC	4				
Carotene, beta	µg	12		0	FLC	4				
Carotene, alpha		0		0	FLC	4				
Cryptoxanthin, beta		0		0	FLC	4				
Vitamin A, IU		20		0	NC	4				
Lycopene		0		0	FLC	4				
Lutein + zeaxanthin		12		0	FLC	4				
Vitamin E (alpha-tocopherol)		0.1	3	0	FLC	4				
Vitamin E, added	_	0.0		0	FLC	4				
Tocopherol, beta		0.0		0	FLC	4				
Tocopherol, gamma		0.0		0	FLC	4				
Tocopherol, delta		0.0		0	FLC	4				
Tocotrienol, alpha		0.0		0	FLC	4				
· •		0.0		0	FLC	4				
Tocotrienol, beta		0.0		0	FLC	4				
Tocotrienol, gamma		0.0	·	U	FIC	*				
Tocotrienol, delta		0 0		0	FLC	4				
Vitamin D (D2 + D3)		0.0		U	FLC	4				
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)		•		^	F- 6					
Vitamin D		0		0	FLC	4				
Vitamin K (phylloquinone)	µg	1.0		0	FLC	4				

	<u>Aı</u>	mount in 1	00 grams		Amount in edible portion of common measures of food				
					0	0 (1 - 1			
Nutrients and Units	Mean	Std. Erro	of Data or Points			Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone									
Lipids:									
Fatty acids, total saturated	g 0.	000	0	FLC	4				
4:0	g 0.	000	0	FLC	4				
6:0	g 0.	000	0	FLC	4				
8:0	g 0.	000	0	FLC	4				
10:0	g 0.	000	0	FLC	4				
12:0	g 0.	000	0	FLC	4				
13:0	g								
14:0	_	000	0	FLC	4				
15:0	•	000	0	FLC	4				
16:0	_	000	0	FLC	4				
17:0	-	000	0	FLC	4				
18:0	-	000	0	FLC	4				
20:0	_	000	0	FLC	4				
22:0	-	000	0	FLC	4				
24:0		000	0	FLC	4				
Fatty acids, total monounsaturated	•	300	U	FLC	4				
14:1									
15:1		000	0	FLC	4				
17:1		500	U	FLC	-				
18:1 undifferentiated	•	000	0	FLC	4				
20:1	•	000	0	FLC	4				
22:1 undifferentiated	•	000	0	FLC	4				
24:1 c	-		_		_				
Fatty acids, total polyunsaturated		000	0	FLC	4				
18:2 undifferentiated		000	0	FLC	4				
18:3 undifferentiated	-	000	0	FLC	4				
18:4	-	000	0	FLC	4				
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g 0.	000	0	FLC	4				
20:5 n-3 (EPA)	g 0.	000	0	FLC	4				
21:5	•								
22:4									
22:5 n-3 (DPA)	5	000	0	FLC	4				
22:6 n-3 (DHA)	_	000	0	FLC	4				
Fatty acids, total trans	_	000	0	FLC	4				
Cholesterol			0	FLC	4				
Phytosterols	mg								
Others:									
Alcohol, ethyl	g 0.)	0	FLC	4				
Caffeine			0	FLC	4				
Theobromine			0	FLC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amo	unt in 100 g	rams	ot edi	oie porti	<u>on</u>	Amount in e	dible portion	of common
			Nu	m be	r			<u>m</u>	easures of fo	<u>od</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean S	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
nationto and onit								mousure :	mode are 2	modou. o
Proximates:										
Water	g	29.77	0.598	12	JO	11		6.25	4.17	
Energy	kcal	266		0	NC	4		56	37	
Energy	kJ	1115		0	NC	4		234	156	
Protein (N x 6.25)	g	0.15	0.050	15	JO	11		0.03	0.02	
Total lipid (fat)	g	0.02	0.015	10	JO	11		0.00	0.00	
Ash	g	0.12	0.015	6	JO	11		0.02	0.02	
Carbohydrate, by difference	g	69.95		0	NC	4		14.69	9.79	
Fiber, total dietary	g	1.0		0		1		0.2	0.1	
Sugars, total	g	51.22		0	FLA	4		10.76	7.17	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.631	. 70	JA	6		2	1	
Iron, Fe	_	0.19	0.006		JA	6		0.04	0.03	
Magnesium, Mg		6	0.195		JA	6		1	1	
Phosphorus, P	_	6	1.070	67	JA	6		1	1	
Potassium, K		54	10.356	72	JA	6		11	8	
Sodium, Na	mg	30	1.514	. 77	JO	11		6	4	
Zinc, Zn	<u>mg</u>	0.03	0.008	56	JA	6		0.01	0.00	
Copper, Cu	mg	0.011	0.007	51	JA	6		0.002	0.002	
Manganese, Mn	mg	0.132	0.007	48	JA	6		0.028	0.018	
Selenium, Se	µg	0.4	0.119	21	JA	6		0.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.130	3		1		0.2	0.1	
Thiamin	mg	0.001	=	1		1		0.000	0.000	
Riboflavin	mg	0.026	;	1		4		0.005	0.004	
Niacin	mg	0.036	i	1		1		0.008	0.005	
Pantothenic acid	mg	0.197	•	1		1		0.041	0.028	
Vitamin B-6	mg	0.020)	1		1		0.004	0.003	
Folate, total	µg	2		0	FLA	4		0	0	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	2		0	FLA	4		0	0	
Folate, DFE	µg	2		0	NC	4		0	0	
Choline, total	_	10.3		0	0	4		2.2	1.4	
Betaine										
Vitamin B-12		0.00		1		1		0.00	0.00	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Carotene, beta		3		0	FLA	4		1	0	
Carotene, alpha		0		0	FLA	4		0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		5		0	FLA	4		1	1	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		22		0	FLA	4		5	3	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma		0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta		0.00		-	FLA	4		0.00	0.00	
Tocotrienol, alpha		0.00		0	FLA	4		0.00	0.00	
Tocotrienol, beta		0.00			FLA	4		0.00	0.00	
Tocotrienol, gamma		0.00		0	FLA	4		0.00	0.00	
Tocotrienol, delta		0.0		0	z	7		0.0	0.0	
Vitamin D2 (area salaifered)		0.0		U	Z	,		0.0	0.0	
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)		0		0	z	7		0	0	
Vitamin D										

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
			Number				measures of food		
					Source	Confidence	_		
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	0.0	05	0	FLA	4		0.001	0.001	
4:0g	0.0		0	FLA	4		0.000	0.000	
6:0	0.0		0	FLA	4		0.000	0.000	
8:0g	0.0		0	FLA	4		0.000	0.000	
10:0g	0.0		0	FLA	4		0.000	0.000	
12:0g	0.0		0	FLA	4		0.000	0.000	
13:0g	0.0	100	U	FLA	*		0.000	0.000	
14:0g	0.0	000	0	FLA	4		0.000	0.000	
15:0g 16:0g	0.0	004	0	FLA	4		0.001	0.001	
17:0g									
18:0g	0.0	001	0	FLA	4		0.000	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	001	0	FLA	4		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.0	000	0	FLA	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.0		0	FLA	4		0.000	0.000	
20:1g	0.0		0	FLA	4		0.000	0.000	
22:1 undifferentiatedg	0.0	000	0	FLA	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.0	004	0	FLA	4		0.001	0.001	
18:2 undifferentiatedg	0.0	003	0	FLA	4		0.001	0.000	
18:3 undifferentiatedg	0.0	001	0	FLA	4		0.000	0.000	
18:4g	0.0	000	0	FLA	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	000	0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	000	0	FLA	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	000	0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	000	0	FLA	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	FLA	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0)	0	FLA	4		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 21g: 1 serving 1 tbsp Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	or ear	oie porti	<u>011</u>	Amount in edible portion of common			
				Number				measures of food			
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nati lents and on		wean	ota. E i oi					incasare i	Micasure 2	Wicasarc	
Proximates:											
Water	g	69.53		0	FLC	4		208.60	13.21		
Energy	kcal	121		0	NC	4		362	23		
Energy	kJ	505		0	NC	4		1515	96		
Protein	g	0.55		0	FLC	4		1.66	0.11		
Total lipid (fat)	g	0.00		0		1		0.00	0.00		
Ash	g	0.32		0	FLC	4		0.95	0.06		
Carbohydrate, by difference	g	29.60		0	NC	4		88.79	5.62		
Fiber, total dietary	g	2.2		0	FLC	4		6.6	0.4		
Sugars, total	g	3.39		0	FLC	4		10.17	0.64		
Starch	g										
Minerals:											
Calcium, Ca	ma	31		0	FLC	4		93	6		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.15		0	FLC	4		0.44	0.03		
Magnesium, Mg		4		0	FLC	4		13	1		
Phosphorus, P		9		0	FLC	4		28	2		
Potassium, K		96		0	FLC	4		288	18		
Sodium, Na	_	3		0	FLC	4		9	1		
Zinc, Zn	_	0.07		0	FLC	4		0.22	0.01		
Copper, Cu	_	0.03	2	0	FLC	4		0.096	0.006		
Manganese, Mn		0.02	9	0	FLC	4		0.086	0.005		
Selenium, Se	µg	0.0		0	FLC	4		0.1	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0		
Thiamin	_	0.01	1	0	FLC	4		0.033	0.002		
Riboflavin	_	0.01		0	FLC	4		0.044	0.002		
Niacin	_	0.22		0	FLC	4		0.661	0.042		
Pantothenic acid	_	0.08		0	FLC	4		0.264	0.017		
Vitamin B-6	-	0.02		0	FLC	4		0.059	0.004		
Folate, total	_	3		0	FLC	4		9	1		
Folic acid		0		0	FLC	4		0	0		
Folate, food		3		0	FLC	4		9	1		
Folate, DFE		3		0	NC	4		9	1		
Choline, total		1.0		0	FLC	4		3.0	0.2		
Betaine	_										
Vitamin B-12		0.00		0	FLC	4		0.00	0.00		
Vitamin B-12, added	µg	0.00		0	NR	4		0.00	0.00		
Vitamin A, RAE	µg	35		0	NC	4		106	7		
Retinol	µg	0		0	FLC	4		0	0		
Carotene, beta	µg	402		0	FLC	4		1205	76		
Carotene, alpha	µg	7		0	FLC	4		21	1		
Cryptoxanthin, beta	µg	38		0	FLC	4		115	7		
Vitamin A, IU	JU	707		0	NC	4		2121	134		
Lycopene	µg	0		0	FLC	4		0	0		
Lutein + zeaxanthin		33		0	FLC	4		98	6		
Vitamin E (alpha-tocopherol)		0.33		0	FLC	4		0.98	0.06		
Vitamin E, added		0.00		0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta				^	12T C	4		0 0	0 0		
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0	0.0		
Vitamin D		0		0	FLC	4		0	0		
Vitamin K (phylloquinone)		1.2		0	FLC	4		3.6	0.2		
Dihydrophylloquinone	ua										

	Amount in	100 grams	Amount in edible portion of common					
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	FLC	4		0.000	0.000	
4:0g	0.000	0	FLC	4		0.000	0.000	
6:0g	0.000	0	FLC	4		0.000	0.000	
8:0g	0.000	0	FLC	4		0.000	0.000	
10:0g	0.000	0	FLC	4		0.000	0.000	
12:0g	0.000	0	FLC	4		0.000	0.000	
13:0g								
14:0g	0.000	0	FLC	4		0.000	0.000	
15:0g								
16:0g	0.000	0	FLC	4		0.000	0.000	
17:0g								
18:0g	0.000	0	FLC	4		0.000	0.000	
20:0g								
22:0g								
24:0g		•						
Fatty acids, total monounsaturatedg	0.000	0	FLC	4		0.000	0.000	
14:1g								
15:1g		•						
16:1 undifferentiatedg	0.000	0	FLC	4		0.000	0.000	
17:1g	0.000	0	FLC	4		0.000	0.000	
18:1 undifferentiatedg						0.000	0.000	
20:1g	0.000	0	FLC	4		0.000	0.000	
22:1 undifferentiatedg	0.000	U	FLC	4		0.000	0.000	
24:1 c	0.000	0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.000	0	FLC	4		0.000	0.000	
18:2 undifferentiated	0.000	0	FLC	4		0.000	0.000	
18:4g	0.000	0	FLC	4		0.000	0.000	
-	0.000	U	FLC	4		0.000	0.000	
20:2 n-6 c,c								
20:4 undifferentiatedg	0.000	0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)g 21:5g	0.000	U	FIC	-		0.000	0.000	
21:5								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000	0.000	
Fatty acids, total trans	3.000	3	2110	-		0.000	0.000	
Cholesterolg	0	0	FLC	4		0	0	
Phytosterolsmg	7	0	FLC	4		20	1	
	•	J		=			-	
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	
Caffeinemg	0	0	FLC	4		0	0	
Theobrominemg	0	0	FLC	4		0	0	

Common Measures:

Measure 1 = 300g: 1 cup Measure 2 = 19g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				Number				m	easures of fo	od_
						Source (Confidence			
Nutrients and Un	nits	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.0	0	0		4		10.07	159.00	
Energy	kcal	179		0		4		34	537	
Energy	kJ	749		0		4		142	2247	
Protein		0.3	0	0		4		0.06	0.90	
Total lipid (fat)	g	0.0	3	0		4		0.01	0.09	
Ash	-	0.0	8	0	BFSN	4		0.01	0.23	
Carbohydrate, by difference	-	46.1	0	0		4		8.76	138.30	
Fiber, total dietary		0.8		0		4		0.2	2.4	
Sugars, total		45.3	0	0	NR	4		8.61	135.90	
Starch										
Minerals:										
Calcium, Ca	<u>m</u> g	5		0		4		1	15	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.1	8	0		4		0.03	0.54	
Magnesium, Mg	mg	6		0		4		1	18	
Phosphorus, P		6		0		4		1	18	
Potassium, K	•	71		0		4		13	213	
Sodium, Na	-	2	_	0		4		0	6	
Zinc, Zn	-	0.0		0		4		0.01	0.09	
Copper, Cu		0.0	23	0		4		0.004	0.069	
Manganese, Mn		1 4		•	2201			0.0	4.0	
Selenium, Se	µg	1.4		0	BFSN	4		0.3	4.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.0	10	0		4		0.002	0.030	
Riboflavin	mg	0.0	20	0		4		0.004	0.060	
Niacin	mg	0.1	40	0		4		0.027	0.420	
Pantothenic acid	mg									
Vitamin B-6	mg	0.0	40	0		4		0.008	0.120	
Folate, total	µg	1		0		4		0	3	
Folic acid	µg	0		0	BFSN	4		0	0	
Folate, food	µg	1		0		4		0	3	
Folate, DFE	µg	1		0	NC	4		0	3	
Choline, total	mg	6.9		0	0	4		1.3	20.7	
Betaine	-									
Vitamin B-12		0.0		0		7		0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	BFSN	4		0	0	
Retinol		0		0	BFSN	4		0	0	
Carotene, beta		2		0	BFSN	4		0	6	
Carotene, alpha		0		0	BFSN	4		0	0	
Cryptoxanthin, beta		0		0	BFSN	4		0	0	
Vitamin A, IU		3		0	NC	4		1	10	
Lycopene		0		0	BFSN	4		0	0	
Lutein + zeaxanthin		14	•	0	BFSN	4		3	43	
Vitamin E (alpha-tocopherol)		0.0		0	BFSN	4 7		0.00	0.00	
Vitamin E, added		0.0	U	U	Z	,		0.00	0.00	
Tocopherol, beta	-									
Tocopherol, gamma	-									
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0	
Vitamin K (phylloquinone)		0.2		0	BFSN	4		0.0	0.5	
Dihydrophylloquinone				·		-			- • •	
Menaquinone-4										

	<u>Am ount</u>	in 100 grams o	Amount in edible portion of common measures of food				
		Number			<u></u>	0404.00 01.100	<u>. u</u>
Nutrients and Units	Mean Std.	of Data C Error Points C	Deriv Source Co Code Code	onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:							
	0.009	0	4		0.002	0.027	
Fatty acids, total saturatedg	0.009	0	4		0.002	0.027	
6:0g	0.000	0	4		0.000	0.000	
-	0.000	0	4		0.000	0.000	
8:0g 10:0g	0.000	0	4		0.000	0.000	
-	0.000	0	4		0.000	0.000	
12:0g 13:0g	0.000	U	4		0.000	0.000	
13:0g	0.000	0	4		0.000	0.000	
15:0	0.000	U	-		0.000	0.000	
16:0g	0.008	0	4		0.002	0.024	
17:0g	0.008	U	7		0.002	0.024	
18:0g	0.001	0	4		0.000	0.003	
20:0	0.001	U	7		0.000	0.003	
22:0g							
24:0							
Fatty acids, total monounsaturated9	0.001	0	4		0.000	0.003	
14:1g	0.001	· ·	-		0.000	0.003	
15:1g							
16:1 undifferentiated	0.000	0	4		0.000	0.000	
17:1g	0.000	·	-		0.000	0.000	
18:1 undifferentiatedg	0.001	0	4		0.000	0.003	
20:1g	0.000	0	4		0.000	0.000	
22:1 undifferentiated	0.000	0	4		0.000	0.000	
24:1 cg	0.000	· ·	-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.008	0	4		0.002	0.024	
18:2 undifferentiatedg	0.006	0	4		0.001	0.018	
18:3 undifferentiatedg	0.002	0	4		0.000	0.006	
18:4	0.000	0	4		0.000	0.000	
20:2 n-6 c,cg		· ·	-		0.000	***************************************	
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4		0.000	0.000	
20:5 n-3 (EPA)	0.000	0	4		0.000	0.000	
21:5g		-	_		0.000	***************************************	
22:4g							
22:5 n-3 (DPA)g	0.000	0	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	4		0.000	0.000	
Fatty acids, total trans	-	-				2.300	
Cholesterol mg	0	0	7		0	0	
Phytosterolsmg	·	•	•		ū	·	
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg	0	0	BFSN 4		0	0	
Theobrominemg	0	0	BFSN 4		0	0	
1 IICOOLUIIIIICIII 9	•	· ·	D41 I		v	3	

Common Measures:

Measure 1 = 19g: 1 tbsp Measure 2 = 300g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amol	ınt in 100 gran		Amount in edible portion of common					
			Num b	er		<u>m</u>	measures of food			
					Source Confidence	a				
Nutrionts and Uni	ito	Mean St	d. Error Point				Magaura 2	Magaura		
Nutrients and Uni	its	Mean Si	a. Error 1 om	.3 Oout	oode oode	Measure 1	Measure 2	Measure		
Proximates:										
Water	g	33.20	1		1	6.64	4.65	6.64		
Energy	-	246	(NC	4	49	34	49		
Energy		1029	(4	206	144	206		
Protein (N x 6.25)		0.30	0.058 3		1	0.06	0.04	0.06		
Total lipid (fat)		0.00	1		1	0.00	0.00	0.00		
Ash		0.20	1		1	0.04	0.03	0.04		
Carbohydrate, by difference	-	66.30	(NC NC	4	13.26	9.28	13.26		
Fiber, total dietary		0.7				0.1	0.1	0.1		
Sugars, total		60.00	(FLC	4	12.00	8.40	12.00		
Starch		***************************************	`		-		0.10			
Starcii	9									
Minerals:										
Calcium, Ca	<u>mg</u>	38	1		1	8	5	8		
Iron, Fe		0.15	0.029 3		1	0.03	0.02	0.03		
Magnesium, Mg	_	2	1		1	0	0	0		
Phosphorus, P	_	4	0		4	1	1	1		
Potassium, K	_	37	1		1	7	5	7		
Sodium, Na	-	56	1		1	11	8	11		
Zinc, Zn		0.04	0.018 4		1	0.01	0.01	0.01		
Copper, Cu		0.090	1		1	0.018	0.013	0.01		
Manganese, Mn		0.020	1		1	0.004	0.003	0.00		
Selenium, Se	µg	0.6	O	FLC	4	0.1	0.1	0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8	2.285 3		1	1.0	0.7	1.0		
Thiamin	mg	0.005	1		1	0.001	0.001	0.00		
Riboflavin	-	0.025	O	FLC	4	0.005	0.003	0.00		
Niacin	-	0.052	1		1	0.010	0.007	0.01		
Pantothenic acid	-	0.015	1		1	0.003	0.002	0.00		
Vitamin B-6	-	0.019	O	FLC	4	0.004	0.003	0.00		
Folate, total	µg	9	O	FLC	4	2	1	2		
Folic acid		0	0	FLC	4	0	0	0		
Folate, food	µg	9	O	FLC	4	2	1	2		
Folate, DFE		9	O	NC	4	2	1	2		
Choline, total		3.0	O	0	4	0.6	0.4	0.6		
Betaine	_									
Vitamin B-12		0.00	1		1	0.00	0.00	0.00		
Vitamin B-12, added	µg	0.00	0	Z	7	0.00	0.00	0.00		
Vitamin A, RAE	µg	3	0	FLC	4	1	0	1		
Retinol	µg	0	0	FLC	4	0	0	0		
Carotene, beta	µg	15	0	FLC	4	3	2	3		
Carotene, alpha	µg	5	0	FLC	4	1	1	1		
Cryptoxanthin, beta		38	0	FLC	4	8	5	8		
Vitamin A, IU		62	0	FLC	4	12	9	12		
Lycopene		0	O	FLC	4	0	0	0		
Lutein + zeaxanthin		58	0	FLC	4	12	8	12		
Vitamin E (alpha-tocopherol)	mg	0.06	0	FLC	4	0.01	0.01	0.01		
Vitamin E, added		0.00	0	Z	7	0.00	0.00	0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0	0	Z	7	0.0	0.0	0.0		
Vitamin D	<u>I</u> U	0	0	Z	7	0	0	0		
Vitamin K (phylloquinone)	µg	0.0	0	FLC	4	0.0	0.0	0.0		
Dihydrophylloquinone										
Menaquinone-4										

	<u>A</u>	mount in 1	00 grams	of edil	ole portion	Amount in e	dible portion o	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Erro		Deriv	Source Confidence Code Code		Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	. •	000	0		7	0.000	0.000	0.000
4:0	•	000	0		4	0.000	0.000	0.000
6:0 8:0	.0	.000	0		4	0.000	0.000 0.000	0.000
10:0	-	.000	0		4	0.000	0.000	0.000
12:0	.g 0.	.000	0		4	0.000	0.000	0.000
13:0	-	000	•					0.000
14:0 15:0	.0	.000	0		4	0.000	0.000	0.000
16:0	-	000	0		4	0.000	0.000	0.000
17:0	•							
18:0	.0	.000	0		4	0.000	0.000	0.000
20:0 22:0	-							
24:0	-							
Fatty acids, total monounsaturated	.g 0.	000	0		7	0.000	0.000	0.000
14:1								
15:1 16:1 undifferentiated	. •	.000	0		4	0.000	0.000	0.000
17:1	-		· ·		•	0.000	0.000	0.000
18:1 undifferentiated	.g 0.	.000	0		4	0.000	0.000	0.000
20:1	.0	000	0		4	0.000	0.000	0.000
22:1 undifferentiated 24:1 c	-	.000	0		4	0.000	0.000	0.000
Fatty acids, total polyunsaturated	-	.000	0		7	0.000	0.000	0.000
18:2 undifferentiated		000	0		4	0.000	0.000	0.000
18:3 undifferentiated		.000	0		4	0.000	0.000	0.000
18:4		.000	0		4	0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated								
20:4 undifferentiated		.000	0		4	0.000	0.000	0.000
20:5 n-3 (EPA)		000	0		4	0.000	0.000	0.000
21:5	-							
22:4	-	.000	•		4	0.000	0.000	0.000
22:5 n-3 (DPA) 22:6 n-3 (DHA)	.0	.000	0		4	0.000	0.000	0.000
Fatty acids, total trans			·		-	0.000	0.000	
Cholesterol			1	LC	8	0	0	0
Phytosterols	.mg							
Amino Acids:								
Tryptophan	•	.003	0		1	0.001	0.000	0.001
Threonine	.0	.005	0		1	0.001	0.001	0.001
IsoleucineLeucine	-	.008 .007	0		1 1	0.002 0.001	0.001 0.001	0.002 0.001
Lysine		.015	0		1	0.001	0.001	0.003
Methionine		006	0		1	0.001	0.001	0.001
Cystine	.g 0.	.003	0		1	0.001	0.000	0.001
Phenylalanine		010	0		1	0.002	0.001	0.002
Tyrosine		.005	0		1 1	0.001 0.003	0.001	0.001
ValineArginine	•	.013 .021	0		1	0.003	0.002 0.003	0.003 0.004
Histidine	. •	006	0		1	0.001	0.001	0.001
Alanine	.g 0.	016	0		1	0.003	0.002	0.003
Aspartic acid		036	0		1	0.007	0.005	0.007
Glutamic acid		.030	0		1 1	0.006	0.004	0.006
Glycine Proline		.030 .015	0		1	0.006 0.003	0.004 0.002	0.006 0.003
Serine	•	.010	0		1	0.003	0.002	0.003
Hydroxyproline								
Others:								
Alcohol, ethyl	.g 0.	. 0	0	FLC	4	0.0	0.0	0.0
Caffeine	.mg 0		0	FLC	4	0	0	0

NDB No. 19303 Marmalade, orange

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 package (0.5 oz)

Measure 3 = 20g: 1 serving

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.7

Food Group: 19 Sweets

				Amount in edible portion of common						
			Number				measures of food			
			of Data	Deriv	Source (Confidence				
Nutrients and Un	its	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3	
Nati lents and on		Mean ota. L	1101				Mcasarc 1	Medsure 2	WCasarc (
Proximates:										
Water	g	56.00	0		4		76.72			
Energy		167	0		4		229			
Energy	kJ	699	0		4		957			
Protein		4.30	0		4		5.89			
Total lipid (fat)		1.00	0		4		1.37			
Ash	-	0.90	0	NR	4		1.23			
Carbohydrate, by difference	-	37.70	0		4		51.65			
Fiber, total dietary		0.0	0	z	7		0.0			
Sugars, total		37.70	0	NR	4		51.65			
Starch										
State	9									
Minerals:										
Calcium, Ca		154	0		4		211			
Iron, Fe	•	0.04	0		4		0.05			
Magnesium, Mg		45	0		4		62			
Phosphorus, P		123	0		4		169			
Potassium, K	-	333	0		4		456			
Sodium, Na	-	97	0		4		133			
Zinc, Zn	-	0.47	0		4		0.64			
Copper, Cu		0.008	0		4		0.011			
Manganese, Mn	-		•							
Selenium, Se	µg	2.6	0	BFPN	4		3.6			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0		4		1.0			
Thiamin	mg	0.050	0		4		0.069			
Riboflavin	mg	0.260	0		4		0.356			
Niacin	mg	0.100	0		4		0.137			
Pantothenic acid	mg									
Vitamin B-6	mg	0.040	0		4		0.055			
Folate, total	µg	6	0		4		8			
Folic acid	µg	0	0	Z	7		0			
Folate, food	µg	6	0		4		8			
Folate, DFE	µg	6	0	NC	4		8			
Choline, total	<u>g</u>	0.9	0	0	4		1.2			
Betaine	mg									
Vitamin B-12	µg	0.55	0		4		0.75			
Vitamin B-12, added	µg	0.00	0	Z	7		0.00			
Vitamin A, RAE	µg	2	0	NC	4		2			
Retinol	µg	0	0	Z	7		0			
Carotene, beta	µg	18	0	NR	4		25			
Carotene, alpha	µg	0	0	Z	7		0			
Cryptoxanthin, beta		0	0	Z	7		0			
Vitamin A, IU	<u>I</u> U	30	0	NC	4		41			
Lycopene	µg	0	0	Z	7		0			
Lutein + zeaxanthin	µg	0	0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.00	0	Z	7		0.00			
Vitamin E, added	mg	0.00	0	Z	7		0.00			
Tocopherol, beta										
Tocopherol, gamma	g									
Tocopherol, delta	g									
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D	<u>I</u> U	0	0	Z	7		0			
				_	_		0 0			
Vitamin K (phylloquinone)	µg	0.0	0	Z	7		0.0			

	Amount in	100 grams of ed	Amount in edible portion of common			
		Number			easures of fo	•
			v Source Confidence	:		
Nutrients and Units	Mean Std. Er	ror Points Code	e Code Code	Measure 1	Measure 2	Measure 3
Lipids:						
Fatty acids, total saturatedg	0.597	0	4	0.818		
4:0	0.000	0	4	0.000		
6:0g	0.000	0	4	0.000		
8:0g	0.000	0	4	0.000		
10:0g	0.000	0	4	0.000		
12:0g	0.000	0	4	0.000		
13:0	0.000	· ·	-	0.000		
14:0g	0.001	0	4	0.001		
15:0g		-	_	******		
16:0	0.254	0	4	0.348		
17:0g				0.010		
18:0g	0.332	0	4	0.455		
20:0g						
22:0g						
24:0g						
Fatty acids, total monounsaturatedg	0.329	0	4	0.451		
14:1g						
15:1g						
16:1 undifferentiatedg	0.002	0	4	0.003		
17:1g						
18:1 undifferentiatedg	0.326	0	4	0.447		
20:1g	0.000	0	4	0.000		
22:1 undifferentiatedg	0.000	0	4	0.000		
24:1 cg						
Fatty acids, total polyunsaturated	0.030	0	4	0.041		
18:2 undifferentiatedg	0.028	0	4	0.038		
18:3 undifferentiatedg	0.001	0	4	0.001		
18:4g	0.000	0	4	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg						
20:4 undifferentiatedg	0.000	0	4	0.000		
20:5 n-3 (EPA)g	0.000	0	4	0.000		
21:5g						
22:4g						
22:5 n-3 (DPA)g	0.000	0	4	0.000		
22:6 n-3 (DHA)g	0.000	0	4	0.000		
Fatty acids, total transg						
Cholesterolmg	0	0	7	0		
Phytosterolsmg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0		
Caffeinemg	3	0 BFZ		4		
Theobrominemg	62	0 BFZ	N 4	85		

Common Measures:

Measure 1 = 137g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 100 gra	dible porti	<u>on</u>	Amount in edible portion of common				
			Num	ber			measures of food			
					v Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates:										
Water		21.87	1.314		I 13		73.71	4.37		
Energy	kcal	290		0 1	C 4		977	58		
Energy	kJ	1213		0 1	C 4		4089	243		
Protein (N x 6.25)	g	0.00		1 I	C 8		0.00	0.00		
Total lipid (fat)	g	0.10		2	1		0.34	0.02		
Ash	g	3.30		2	1		11.12	0.66		
Carbohydrate, by difference	g	74.73		0 1	C 4		251.83	14.95		
Fiber, total dietary	g	0.0		1 I	C 8		0.0	0.0		
Sugars, total	g	74.72		0 1	R 4		251.81	14.94		
Sucrose	g	29.40	3.454	12 7	I 13		99.09	5.88		
Glucose (dextrose)		11.92	2.056	11 2	I 13		40.18	2.38		
Fructose	g	12.79	1.186	10 7	I 13		43.09	2.56		
Lactose	g									
Maltose										
Galactose										
Starch										
Minerals:										
Calcium, Ca	mg	205		2	1		691	41		
Iron, Fe	-	4.72		2	1		15.91	0.94		
Magnesium, Mg		242		2	1		816	48		
Phosphorus, P		31		2	1		104	6		
Potassium, K		1464		2	1		4934	293		
Sodium, Na	mg	37		2	1		125	7		
Zinc, Zn	<u>mg</u>	0.29	0.038	3	1		0.98	0.06		
Copper, Cu	mg	0.48	7 0.035	3	1		1.641	0.097		
Manganese, Mn	mg	1.53	0	2	1		5.156	0.306		
Selenium, Se	µg	17.8	4.906	5 A	1		60.0	3.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1 L	2 8		0.0	0.0		
Thiamin	mg	0.04	1	2	1		0.138	0.008		
Riboflavin	mg	0.00	2	1	1		0.007	0.000		
Niacin	mg	0.93	0	2	1		3.134	0.186		
Pantothenic acid	mg	0.80	4	2	1		2.709	0.161		
Vitamin B-6	mg	0.67	0	2	1		2.258	0.134		
Folate, total	µg	0		2	1		0	0		
Folic acid	µg	0		0 z	7		0	0		
Folate, food	µg	0		2	1		0	0		
Folate, DFE	µg	0		0 N	2 4		0	0		
Choline, total	mg	13.3		0 A	1		44.8	2.7		
Betaine	mg									
Vitamin B-12		0.00		1	4		0.00	0.00		
Vitamin B-12, added		0.00		0 2			0.00	0.00		
Vitamin A, RAE		0		0 N			0	0		
Retinol		0		0 2			0	0		
Carotene, beta		0		0 N			0	0		
Carotene, alpha		0		0 N			0	0		
Cryptoxanthin, beta		0		0 N			0	0		
Vitamin A, IU		0		1 L			0	0		
Lycopene		0		0 N			0	0		
Lutein + zeaxanthin		0		0 N			0	0		
Vitamin E (alpha-tocopherol)		0.00		0 N			0.00	0.00		
Vitamin E, added		0.00		0 2	7		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										

	<u>An</u>	nount in 1	00 grams	Amount in edible portion of common					
			Nicona la a m				measures of food		
			Num ber		0	0 (1 - 1	<u></u>	0404100 01101	
						Confidence			
Nutrients and Units	Mean	Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg									
Vitamin D (D2 + D3)µg	0.0)	0	Z	7		0.0	0.0	
Vitamin DU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)µg	0.0)	0	z	7		0.0	0.0	
Dihydrophylloquinoneµg									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	0.0	18	0		4		0.061	0.004	
4:0g	0.0		0		4		0.000	0.000	
6:0g	0.0	000	0		4		0.000	0.000	
8:0g	0.0		0		4		0.000	0.000	
10:0g	0.0	000	0		4		0.000	0.000	
12:0g	0.0	000	0		4		0.000	0.000	
13:0g									
14:0g	0.0	000	0		4		0.000	0.000	
15:0g									
16:0g	0.0	18	0		4		0.061	0.004	
17:0g									
18:0g	0.0	002	0		4		0.007	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	32	0		4		0.108	0.006	
14:1g									
15:1g									
16:1 undifferentiated	0.0	000	0		4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.0		0		4		0.108	0.006	
20:1g	0.0		0		4		0.000	0.000	
22:1 undifferentiatedg	0.0	000	0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.0		0		4		0.169	0.010	
18:2 undifferentiatedg	0.0		0		4		0.169	0.010	
18:3 undifferentiatedg	0.0		0		4		0.000	0.000	
18:4g	0.0	000	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg			•						
20:4 undifferentiated	0.0		0		4		0.000	0.000	
20:5 n-3 (EPA)	0.0	000	0		4		0.000	0.000	
21:5g									
22:4g	0.0	000	0		4		0.000	0.000	
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.0		0		4		0.000	0.000	
22:6 n-3 (DHA)	0.0	,,,,	U		*		0.000	0.000	
Cholesterolmg	0		1	LC	8		0	0	
Phytosterolsmg	J		-		Ü		v	v	
•									
Others:			_		_		0.0		
Alcohol, ethyl	0.0	J	0	_	7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 337g: 1 cup

Measure 2 = 20g: 1 serving 1 tbsp

Calories Factors: Protein Fat 8.37 Carbohydrate 3.87

NDB No. 19304 Molasses

Food Group: 19 Sweets

		<u>Am</u>	ount in 10		Amount in edible portion of common measures of food					
				Number		0	0 (1)	<u>m</u>	-asules 01 100	<u> </u>
No. to be a second the		NA	Std. Error				Confidence Code	Na 4		M 0
Nutrients and Un	its	Mean	Sta. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		96.90		0		4				
Energy		11		0		4				
Energy		46		0		4				
Protein		0.00		0		7				
Total lipid (fat)	g	0.00		0		7				
Ash		1.00		0	0	4				
Carbohydrate, by difference		2.10		0	NC	4				
Fiber, total dietary		2.1		0	NR	4				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	0		0		7				
Iron, Fe		0.00		0		7				
Magnesium, Mg	-	0		0		7				
Phosphorus, P		0		0		7				
Potassium, K		0		0		7				
Sodium, Na	-	0		0		7				
Zinc, Zn		0.00		0		7				
Copper, Cu		0.00	0	0		7				
Manganese, Mn					_	_				
Selenium, Se	µg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7				
Thiamin	mg	0.00	0	0		7				
Riboflavin	mg	0.00	0	0		7				
Niacin	mg	0.00	0	0		7				
Pantothenic acid	mg									
Vitamin B-6	-	0.00	0	0		7				
Folate, total		0		0		7				
Folic acid		0		0	Z	7				
Folate, food		0		0		7				
Folate, DFE		0		0	NC	4				
Choline, total		0.0		0	Z	7				
Betaine		0.00		•		-				
Vitamin B-12		0.00		0	_	7 7				
Vitamin B-12, added		0.00		0	Z	1				
Vitamin A, RAE		0		0	AS Z	7				
Retinol Carotene, beta		0		0	Z	7				
Carotene, beta		0		0	Z	7				
Cryptoxanthin, beta		0		0	Z	7				
Vitamin A, IU		0		0	4	7				
Lycopene		0		0	z	7				
Lutein + zeaxanthin		0		0	z	7				
Vitamin E (alpha-tocopherol)		0.00		0	z	7				
Vitamin E, added		0.00		0	z	7				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	g									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	Z	7				
Vitamin D		0		0	Z	7				
Vitamin K (phylloquinone)		0.0		0	Z	7				
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number					easures of fo	•
					Source	Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	00	0		7				
4:0	0.0		0		4				
6:0g	0.0		0		4				
8:0g	0.0		0		4				
10:0	0.0		0		4				
12:0g	0.0		0		4				
13:0	0.0	00	Ū		-				
14:0g	0.0	00	0		4				
15:0g	0.0	00	Ū		-				
16:0	0.0	00	0		4				
17:0g	0.0	00	Ū		-				
17:0g	0.0	00	0		4				
20:0g	0.0	00	U		-				
20:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	00	0		7				
14:1g	0.0	00	Ū		,				
14:1g 15:1g									
16:1 undifferentiated	0.0	00	0		4				
17:1g	0.0	00	U		-				
18:1 undifferentiated	0.0	00	0		4				
20:1g	0.0		0		4				
20:1	0.0		0		4				
24:1 cg	0.0	00	U		4				
	0.0	00	0		7				
Fatty acids, total polyunsaturatedg	0.0		0		4				
18:2 undifferentiated	0.0		0		4				
• • • • • • • • • • • • • • • • • • • •	0.0		0		4				
18:4g	0.0	00	U		4				
20:2 n-6 c,c									
20:3 undifferentiated	0.0	00	0		4				
20:5 n-3 (EPA)g	0.0		0		4				
. ,	0.0	00	U		-				
21:5g									
22:4g 22:5 n-3 (DPA)g	0.0	00	0		4				
` ,	0.0		0		4				
22:6 n-3 (DHA)	0.0	00	U		-				
-	0		0		7				
Cholesterolmg	U		U		,				
Phytosterolsmg									
Others:			_		_				
Alcohol, ethyl	0.0		0		7				
Caffeinemg	0		0	Z	7				
Theobrominemg	0		0	Z	7				

Common Measures:

Measure 1 = g: 1 fl oz assumed specific gravity of honey

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amo	unt in 100 grams	Amount in e	Amount in edible portion of common			
			Number				easures of fo	
					Source Confider	nce .		
Nutrients and Un	ite	Mean S	td. Error Points			Measure 1	Measure 2	Measure
Nutrients and On	ii S	Weari 3	ita. 🗀 ror i emite			Weasure	Weasure 2	Weasure
Proximates:								
Water	g	8.70	2.791 3		1	4.35		
Energy	kcal	325	0	NC	4	163		
Energy		1360	0		4	680		
Protein (N x 6.25)	g	0.30	2		1	0.15		
Total lipid (fat)	g	0.30	2		1	0.15		
Ash	g	0.30	2		1	0.15		
Carbohydrate, by difference	g	90.40	0	NC	4	45.20		
Fiber, total dietary	g	8.6	0		4	4.3		
Sugars, total								
Starch								
Minerals:								
Calcium, Ca	ma	7	2		1	4		
Iron. Fe.	_	2.71	2		1	1.36		
Magnesium, Mg		1	2		1	1		
Phosphorus, P		2	2		1	1		
Potassium, K		7	2		1	4		
Sodium, Na	_	200	2		1	100		
Zinc, Zn	mg	0.47	2		1	0.24		
Copper, Cu	mg	0.420	2		1	0.210		
Manganese, Mn	mg	0.070	2		1	0.035		
Selenium, Se	µg	0.0	0	Z	7	0.0		
Vitamins:								
Vitamin C, total ascorbic acid	ma	0.0	1		4	0.0		
Thiamin	_	0.008			1	0.004		
Riboflavin	_	0.060			1	0.030		
Niacin	_	0.005			1	0.003		
Pantothenic acid	_	0.110	2		1	0.055		
Vitamin B-6	_	0.010	2		1	0.005		
Folate, total	_	1	2		1	1		
Folic acid		0	0	z	7	0		
Folate, food		1	2		1	1		
Folate, DFE		1	0	NC	4	1		
Choline, total								
Betaine								
Vitamin B-12	_	0.00	1		4	0.00		
Vitamin B-12, added	µg	0.00	0	Z	7	0.00		
Vitamin A, RAE	µg	0	0	NC	4	0		
Retinol	µg	0	0	Z	7	0		
Carotene, beta								
Carotene, alpha	µg							
Cryptoxanthin, beta	µg							
Vitamin A, IU	<u>IU</u>	3	2		1	2		
Lycopene	µg							
Lutein + zeaxanthin	µg							
Vitamin E (alpha-tocopherol)								
Tocopherol, beta								
Tocopherol, gamma								
Tocopherol, delta								
Tocotrienol, alpha								
Tocotrienol, beta								
Tocotrienol, gamma	_							
Tocotrienol, delta								
Vitamin D (D2 + D3)								
Vitamin D								
Vitamin K (phylloquinone)								
Dihydrophylloquinone	µy							

	Amo	ount in 100 gram	Amount in edible portion of common measures of food				
		Num be	r		<u>m</u>	easures of foc	<u>a</u>
		of Data	Deriv Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturatedg	0.05	0	4		0.025		
4:0g	0.00		4		0.000		
6:0	0.00		4		0.000		
8:0g	0.00		4		0.000		
10:0	0.00		4		0.000		
12:0	0.00		4		0.001		
13:0							
14:0	0.00	2 0	4		0.001		
15:0g							
16:0g	0.04	0	4		0.020		
17:0g							
18:0g	0.00	5 0	4		0.003		
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	0.01	0	4		0.005		
14:1g							
15:1g							
16:1 undifferentiatedg	0.00	L 0	4		0.001		
17:1g							
18:1 undifferentiatedg	0.01	2 0	4		0.006		
20:1g	0.00	0	4		0.000		
22:1 undifferentiatedg	0.00	0	4		0.000		
24:1 cg							
Fatty acids, total polyunsaturated	0.09	0	4		0.045		
18:2 undifferentiatedg	0.07	2 0	4		0.036		
18:3 undifferentiatedg	0.01	5 0	4		0.008		
18:4g	0.00	0	4		0.000		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.00	0	4		0.000		
20:5 n-3 (EPA)g	0.00	0	4		0.000		
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.00	0	4		0.000		
22:6 n-3 (DHA)g	0.00	0	4		0.000		
Fatty acids, total transg							
Cholesterolmg	0	1	4		0		
Phytosterolsmg	1						
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeinemg							
Theobrominemg	J						

Common Measures:

Measure 1 = 50g: 1 package (1.75 oz)

Calories Factors: Protein Fat Carbohydrate 3.6

Food Group: 19 Sweets

		AIII	ount in 100	Amount in edible portion of common							
			N	lum be i	r			measures of food			
						Source Conf	idence				
Nutrients and Uni	ts	Mean	Std. Error				ode	Measure 1	Measure 2	Measure	
Nutrients and on	15	Wean	3tu. 🗀 101	. 0	0000			Weasure i	Weasure 2	Weasure	
Proximates:											
Water	g	73.40	0.81	L5 3		1		54.32	62.39	436.73	
Energy	kcal	100		0	NC	4		74	85	597	
Energy	kJ	420		0	NC	4		311	357	2498	
Protein (N x 6.25)		0.10)	2		1		0.07	0.09	0.60	
Total lipid (fat)	g	0.10)	2		1		0.07	0.09	0.60	
Ash	g	0.30)	2		1		0.22	0.26	1.79	
Carbohydrate, by difference	g	26.10)	0	NC	4		19.31	22.19	155.30	
Fiber, total dietary		1.0		1	AI	13		0.7	0.9	6.0	
Sugars, total		13.80)	0	FLC	4		10.21	11.73	82.09	
Starch											
Minerals:											
Calcium, Ca	mg	4		2		1		3	3	24	
Iron, Fe	-	0.29)	2		1		0.21	0.25	1.73	
Magnesium, Mg	-	2		2		1		1	2	12	
Phosphorus, P		7		2		1		5	6	42	
Potassium, K		45		2		1		33	38	268	
Sodium, Na	mg	47		1	LC	8		35	40	280	
Zinc, Zn	<u>mg</u>	0.04	ŀ	2		1		0.03	0.03	0.24	
Copper, Cu	mg	0.05	5	2		1		0.041	0.047	0.32	
Manganese, Mn	mg	0.02	27	2		1		0.020	0.023	0.16	
Selenium, Se	µg	0.3		0	FLC	4		0.2	0.3	1.9	
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.7		0	FLC	4		1.2	1.4	9.8	
Thiamin	mg	0.01	.2	2		1		0.009	0.010	0.07	
Riboflavin	mg	0.01	.1	2		1		0.008	0.009	0.06	
Niacin	mg	0.03	5	2		1		0.026	0.030	0.20	
Pantothenic acid	mg	0.04	2	2		1		0.031	0.036	0.25	
Vitamin B-6	mg	0.01	.6	2		1		0.012	0.014	0.09	
Folate, total	µg	0		0	FLC	4		0	0	1	
Folic acid	µg	0		0	FLC	4		0	0	0	
Folate, food	µg	0		0	FLC	4		0	0	1	
Folate, DFE		0		0	NC	4		0	0	1	
Choline, total	-	2.8		0	FLC	4		2.1	2.4	16.9	
Betaine											
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin B-12, added		0.00)	0	FLC	4		0.00	0.00	0.00	
Vitamin A, RAE		2		0	FLC	4 4		1	1	9	
Retinol		0		0	FLC	-		0	0	0	
Carotene, beta		10 0		0	FLC	<u>4</u> 4		8 0	9 0	62	
Carotene, alpha		8		0	FLC FLC	4		6	7	0 4 6	
Cryptoxanthin, beta		24		0	FLC	4		18	20	142	
Vitamin A, IU		0		0	FLC	4		0	0	0	
Lycopene Lutein + zeaxanthin		11		0	FLC	4		8	9	66	
Vitamin E (alpha-tocopherol)		0.04	L	0	FLC	4		0.03	0.03	0.22	
Vitamin E (alpha-tocopheror)		0.00		0	FLC	4		0.00	0.00	0.00	
Tocopherol, beta	-	0.00		0	FLC	4		0.00	0.00	0.00	
Tocopherol, gamma		0.00		0	FLC	4		0.00	0.00	0.00	
Tocopherol, delta		0.00		J	1110	-		0.00	0.00	0.00	
Tocotrienol, alpha											
Tocotrienol, aipna											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D		0		0	Z	7		0	0.0	0.0	
Vitamin K (phylloquinone)		0.5		0	FLC	4		0.4	0.4	2.9	
		0.5		J	7110	•		0.1	0.1	2.9	
Dihydrophylloquinone Menaquinone-4											

	<u>An</u>	nount in 10	00 grams	Amount in e	Amount in edible portion of common					
			Number				measures of food			
					Source (Confidence	_			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturatedg	0.0	000	1	LC	8		0.000	0.000	0.000	
4:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
6:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
8:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
10:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
12:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
13:0g										
14:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
15:0										
16:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
17:0g			_		_		0.000			
18:0g	0.0	000	0	FLC	4		0.000	0.000	0.000	
20:0g	0.0		Ū	120	-		0.000	0.000	0.000	
22:0g										
24:0g										
Fatty acids, total monounsaturatedg	0.0	000	0	FLC	4		0.000	0.000	0.000	
14:1g	0.0		·	110	-		0.000	0.000	0.000	
15:1										
16:1 undifferentiatedg	0.0	100	0	FLC	4		0.000	0.000	0.000	
16:1 undifferentiated	0.0	700	U	FLC	4		0.000	0.000	0.000	
	0.0		0	FLC	4		0.000	0.000	0.000	
18:1 undifferentiated	0.0		0	FLC	4					
20:1g							0.000	0.000	0.000	
22:1 undifferentiatedg	0.0	000	0	FLC	4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	0.0		0	FLC	4		0.000	0.000	0.000	
18:2 undifferentiatedg	0.0		0	FLC	4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.0		0	FLC	4		0.000	0.000	0.000	
18:4g	0.0	000	0	FLC	4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.0	000	0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)g	0.0	000	0	FLC	4		0.000	0.000	0.000	
21:5g										
22:4g										
22:5 n-3 (DPA)g	0.0	000	0	FLC	4		0.000	0.000	0.000	
22:6 n-3 (DHA)g	0.0	000	0	FLC	4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0		1	LC	8		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0)	0	FLC	4		0.0	0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	0	
Theobrominemg	0		0	FLC	4		0	0	0	

Common Measures:

Measure 1 = 74g: .125 can Measure 2 = 85g: 1 serving Measure 3 = 595g: 1 can (21 oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

Nutrients and U				Number					edible portion	
Nutrionto ocal la				Number	•			<u></u>	easures of for	<u>od</u>
Nutriente en el 11						Source (Confidence			
Nutrients and U	nits	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	54.6	6	0	FLC	4		82.53	143.20	
Energy	-	181	O	0	NC	4		273	474	
Energy		757		0	NC	4		1143	1984	
Protein		0.4	1	0	FLC	4		0.62	1.08	
Total lipid (fat)	-	0.2		0	FLC	4		0.31	0.54	
Ash		0.3		0	FLC	4		0.53	0.92	
Carbohydrate, by difference	_	44.3		0	NC	4		67.01	116.27	
Fiber, total dietary		2.6		1	LC	8		4.0	6.9	
		37.7		1	LC	8		57.00	98.90	
Sugars, totalStarch		37.7.	5	_	ьс	0		37.00	90.90	
Minerals:	9									
Calcium, Ca	ma	27		0	FLC	4		40	69	
Iron. Fe	-	0.8	0	0	FLC	4		1.20	2.09	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	10	-	0	FLC	4		15	26	
Phosphorus, P		12		0	FLC	4		19	32	
Potassium, K		115		0	FLC	4		174	301	
Sodium, Na	-	12		0	FLC	4		18	32	
Zinc, Zn	-	0.1	0	0	FLC	4		0.15	0.26	
Copper, Cu		0.1	12	0	FLC	4		0.168	0.292	
Manganese, Mn	mg	0.2	15	0	FLC	4		0.324	0.563	
Selenium, Se	µg	0.4		0	FLC	4		0.6	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		0	FLC	4		1.0	1.8	
Thiamin	-	0.0		0	FLC	4		0.035	0.061	
Riboflavin	_	0.0		0	FLC	4		0.052	0.090	
Niacin	-	0.0		0	FLC	4		0.137	0.238	
Pantothenic acid	_	0.0		0	FLC	4		0.139	0.241	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.0		0	FLC	4		0.044	0.077	
Folate, total	_	1		0	FLC	4		2	4	
Folic acid		0		0	FLC	4		0	0	
Folate, food	µg	1		0	FLC	4		2	4	
Folate, DFE	µg	1		0	NC	4		2	4	
Choline, total	mg	3.8		0	0	4		5.7	9.9	
Betaine	mg									
Vitamin B-12	µg	0.0	0	0	FLC	4		0.00	0.00	
Vitamin B-12, added	µg	0.0	0	0	FLC	4		0.00	0.00	
Vitamin A, RAE	µg	1		0	FLC	4		2	3	
Retinol	µg	0		0	FLC	4		0	0	
Carotene, beta	µg	13		0	FLC	4		20	35	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta		0		0	FLC	4		0	0	
Vitamin A, IU		22		0	FLC	4		34	58	
Lycopene		0		0	FLC	4		0	0	
Lutein + zeaxanthin		33		0	FLC	4		50	86	
Vitamin E (alpha-tocopherol)	-	0.2		0	FLC	4		0.35	0.61	
Vitamin E, added		0.0	0	0	FLC	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin K (phylloquinone)		3.9		0	FLC	4		5.9	10.3	
Dihydrophylloquinone		3.3		·	- 10	-		2.5	10.5	
Menaquinone-4										

	<u>Am ou</u>	nt in 100 g	gram s	Amount in edible portion of common measures of food					
		Nu	ımber				<u>m</u>	easures of foc	<u>oa</u>
		of	f Data	Deriv	Source C	onfidence			
N utrients and U nits	Mean Sto	d. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.000		1	LC	8		0.000	0.000	
4:0g	0.000		0	FLC	4		0.000	0.000	
6:0g	0.000		0	FLC	4		0.000	0.000	
8:0g	0.000		0	FLC	4		0.000	0.000	
10:0g	0.000		0	FLC	4		0.000	0.000	
12:0g	0.000		0	FLC	4		0.000	0.000	
13:0g									
14:0g	0.000		0	FLC	4		0.000	0.000	
15:0g									
16:0g	0.000		0	FLC	4		0.000	0.000	
17:0g									
18:0g	0.000		0	FLC	4		0.000	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.000		1	LC	8		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:1g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
18:4g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		0	FLC	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	0		1	LC	8		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 151g: 1 serving Measure 2 = 262g: 1 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in				ole porti	<u>on</u>	Amount in edible portion of common measures of food			
				Num			_		<u> </u>	Casares or loc	<u> </u>	
								Confidence				
Nutrients and Uni	ts	Mean	Std. Err	or Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Provimetore												
Proximates: Water	а	71.23	3	0.930	5	A	1		52.71	423.82		
Energy	-	115			0	NC	4		85	684		
Energy		481			0		4		356	2863		
Protein (N x 6.25)		0.37	7	0.070	4	A	1		0.27	2.20		
Total lipid (fat)		0.07		0.070	4	A	1		0.05	0.42		
Ash		0.20		0.010	4	A	1		0.15	1.19		
Carbohydrate, by difference		28.00		0.010	0	NC	4		20.72	166.60		
		0.6	,		0	NC	1		0.4	3.6		
Fiber, total dietary		0.0			U		_		0.4	3.0		
Sugars, total												
Starch	9											
Minerals:												
Calcium, Ca	mg	11			2		1		8	65		
Iron, Fe	-	0.24	4		2		1		0.18	1.43		
Magnesium, Mg		7			2		1		5	42		
Phosphorus, P		15			2		1		11	89		
Potassium, K	mg	105			2		1		78	625		
Sodium, Na	mg	18		8.040	4	A	1		13	107		
Zinc, Zn	mg	0.0	5		2		1		0.04	0.30		
Copper, Cu	mg	0.08	30		2		1		0.059	0.476		
Manganese, Mn	mg	0.03	30		2		1		0.022	0.179		
Selenium, Se	µg	0.4			0	BFSN	4		0.3	2.4		
itamins:												
Vitamin C, total ascorbic acid	mg	3.6			1		4		2.7	21.4		
Thiamin	-	0.02	25		2		1		0.019	0.149		
Riboflavin		0.01			2		1		0.012	0.095		
Niacin	-	0.14			2		1		0.104	0.833		
Pantothenic acid	-	0.06			2		1		0.047	0.375		
Vitamin B-6		0.03			2		1		0.027	0.220		
Folate, total	_	4	-		2		1		3	24		
Folic acid		0			0	z	7		0	0		
Folate, food		4			2	_	1		3	24		
Folate, DFE		4			0	NC	4		3	24		
Choline, total		-			•		-		3			
Betaine	-											
Vitamin B-12	-	0.00	n		1		4		0.00	0.00		
Vitamin A, RAE		10	•		0	NC	4		8	61		
Retinol		0			0	Z	7		0	0		
Carotene, beta		v			Ü		,		· ·	U		
Carotene, alpha												
Cryptoxanthin, beta Vitamin A, IU		205			2		1		152	1220		
Lycopene		203			2		_		132	1220		
• •												
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocoprierol, delta Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta												
Vitamin D (D2 + D3)		0.0			0	AS	1		0.0	0.0		
		0.0			0	FLC	4		0.0	0.0		
Vitamin D		U			U	FIC	*		U	U		
Vitamin K (phylloquinone)												
Dihydrophylloquinone												
Menaquinone-4	µg											

	<u> </u>	\m ount	in 100	grams	of edik	ole portion		Amount in edible portion of common			
			N	umber					easures of foo		
Nutrients and Units	Mear	Std.	Error I			Source Confid Code Co	dence ode	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated	-	.018		0	BFFN	4		0.013	0.107		
4:0 6:0	-										
8:0	g										
10:0	•										
12:0	•										
13:0 14:0	-	.000		0		1		0.000	0.000		
15:0	-			·		-		0.000	0.000		
16:0	-	.010		0	BFFN	4		0.007	0.060		
17:0	g										
18:0	-	.004		0	BFFN	4		0.003	0.024		
20:0	-										
22:0	-										
Fatty acids, total monounsaturated		.021		0	BFFN	4		0.016	0.125		
14:1	-	.021		Ū	DITI	•		0.010	0.123		
15:1											
16:1 undifferentiated	-	.000		0		1		0.000	0.000		
17:1	g										
18:1 undifferentiated	.g 0	.021		0	BFFN	4		0.016	0.125		
20:1	g										
22:1 undifferentiated											
24:1 c		0.01		•		4					
Fatty acids, total polyunsaturated		.021 .010		0	BFFN BFFN	4 4		0.016 0.007	0.125 0.060		
18:2 undifferentiated	.0	.010		0	BFFN	4		0.007	0.060		
18:4	.0	.010		·	DIII	•		0.007	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	.g										
20:4 undifferentiated	.g										
20:5 n-3 (EPA)	-										
21:5	-										
22:4	-										
22:5 n-3 (DPA) 22:6 n-3 (DHA)											
Fatty acids, total trans	-										
Cholesterol	•			0		4		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a 0	.002		0		1		0.001	0.012		
Threonine	•	.009		0		1		0.007	0.054		
Isoleucine.		.009		0		1		0.007	0.054		
Leucine	.g 0	.013		0		1		0.010	0.077		
Lysine	.g 0	.016		0		1		0.012	0.095		
Methionine	•	.002		0		1		0.001	0.012		
Cystine	•	.002		0		1		0.001	0.012		
Phenylalanine		.008		0		1		0.006	0.048		
Tyrosine	•	.005		0		1 1		0.004	0.030		
ValineArginine	•	.012 .007		0		1		0.009 0.005	0.071 0.042		
Histidine	•	.007		0		1		0.003	0.042		
Alanine	•	.013		0		1		0.010	0.030		
Aspartic acid	•	.247		0		1		0.183	1.470		
Glutamic acid	•	.017		0		1		0.013	0.101		
Glycine		.010		0		1		0.007	0.060		
Proline	.g 0	.014		0		1		0.010	0.083		
Serine	•	.014		0		1		0.010	0.083		
Hydroxyproline	.g										

Pie fillings, canned, cherry

Common Measures:

Measure 1 = 74g: .125 can

Measure 2 = 595g: 1 can (21 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	00 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common			
				Number				m	easures of fo	od	
						Source C	onfidence	_			
Nutrients and U	nits	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure :	
D											
Proximates: Water	g	86.7	б	0	FLC	4		73.74	229.04		
Energy	-	53		0	NC	4		45	139		
Energy		220		0	NC	4		187	582		
Protein		0.8	2	0	FLC	4		0.70	2.18		
Total lipid (fat)	-	0.1	6	0	FLC	4		0.14	0.42		
Ash	_	0.2	В	0	FLC	4		0.23	0.73		
Carbohydrate, by difference	-	11.9		0	NC	4		10.18	31.63		
Fiber, total dietary		1.2		1	LC	8		1.0	3.1		
Sugars, total		9.1	5	0	0	4		7.78	24.16		
Starch		212	-	·		-			21.10		
Minerals:											
Calcium, Ca	mg	11		0	FLC	4		9	29		
Iron, Fe	-	0.3	3	0	FLC	4		0.28	0.86		
Magnesium, Mg	mg	8		0	FLC	4		7	21		
Phosphorus, P	mg	15		0	FLC	4		13	40		
Potassium, K	_	118		0	FLC	4		100	312		
Sodium, Na	_	12		1	LC	8		10	31		
Zinc, Zn		0.0		0	FLC	4		0.06	0.19		
Copper, Cu		0.0		0	FLC	4		0.071	0.221		
Manganese, Mn		0.0	57	0	FLC	4		0.048	0.149		
Selenium, Se	µg	0.1		0	FLC	4		0.0	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.8		1	LC	8		2.4	7.5		
Thiamin	mg	0.0	20	0	FLC	4		0.017	0.053		
Riboflavin	mg	0.0	39	0	FLC	4		0.033	0.102		
Niacin	mg	0.3	61	0	FLC	4		0.307	0.952		
Pantothenic acid	mg	0.0	00	0	FLC	4		0.000	0.000		
Vitamin B-6	mg	0.0	27	0	FLC	4		0.023	0.072		
Folate, total	µg	4		0	FLC	4		4	11		
Folic acid	µg	0		0	FLC	4		0	0		
Folate, food	µg	4		0	NR	4		4	11		
Folate, DFE	µg	4		0	NC	4		4	11		
Choline, total	mg	4.9		0	0	4		4.2	12.9		
Betaine	mg										
Vitamin B-12		0.0		0	FLC	4		0.00	0.00		
Vitamin B-12, added		0.0	0	0	FLC	4		0.00	0.00		
Vitamin A, RAE	µg	10		0	NC	4		9	27		
Retinol		0		0	FLC	4		0	0		
Carotene, beta		125		0	NR	4		106	330		
Carotene, alpha		0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		208		0	NC	4		177	550		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		70	•	0	NR	4		60	185		
Vitamin E (alpha-tocopherol)	-	0.0		0	FLC	4		0.00	0.00		
Vitamin E, added		0.0	U	0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0.0		0	Z	7		0	0		
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0		
Dihydrophylloquinone		0.0		·		-			J.0		
Dinythophynoquinone	F3										

		<u>An</u>	ount in 10	0 grams	Amount in edible portion of common measures of food					
				Number				<u>m</u>	easures of foc	<u>oa</u>
				of Data	Deriv	Source C	onfidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.0	00	1	LC	8		0.000	0.000	
4:0	g	0.0	00	0	FLC	4		0.000	0.000	
6:0	g	0.0	00	0	FLC	4		0.000	0.000	
8:0	g	0.0	00	0	FLC	4		0.000	0.000	
10:0	g	0.0	00	0	FLC	4		0.000	0.000	
12:0	g	0.0	00	0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.0	00	0	FLC	4		0.000	0.000	
15:0	g									
16:0	g	0.0	00	0	FLC	4		0.000	0.000	
17:0	g									
18:0	g	0.0	00	0	FLC	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.0	00	1	LC	8		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.0	00	0	FLC	4		0.000	0.000	
17:1	_									
18:1 undifferentiated		0.0		0	FLC	4		0.000	0.000	
20:1		0.0		0	FLC	4		0.000	0.000	
22:1 undifferentiated	•	0.0	00	0	FLC	4		0.000	0.000	
24:1 c	-									
Fatty acids, total polyunsaturated		0.0		1	ГC	8		0.000	0.000	
18:2 undifferentiated		0.0		0	FLC	4		0.000	0.000	
18:3 undifferentiated	-	0.0		0	FLC	4		0.000	0.000	
18:4		0.0	00	0	FLC	4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.0		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0	FLC	4		0.000	0.000	
21:5										
22:4	_									
22:5 n-3 (DPA)		0.0		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0	FLC	4		0.000	0.000	
Fatty acids, total trans	-					_				
Cholesterol	_	0		1	LC	8		0	0	
Phytosterols	mg									
Others:		_		_	_	_				
Alcohol, ethyl	-	0.0		0	FLC	4		0.0	0.0	
Caffeine		0		0	FLC	4		0	0	
Theobromine	mg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 85g: 1 serving Measure 2 = 264g: 1 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

					Amount in edible portion of common				
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Un	its	Mean Std	. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
riati ionico ana on		ou ota					mododio i		in o do di o d
Proximates:									
Water	g	73.62	0	RP	4		93.50		
Energy		109	0	NC	4		139		
Energy		458	0	NC	4		582		
Protein	g	0.65	0	RP	4		0.82		
Total lipid (fat)	g	1.12	0	RP	4		1.42		
Ash	g	0.42	0	RP	4		0.53		
Carbohydrate, by difference	g	24.20	0	RP	4		30.73		
Fiber, total dietary	g	0.0	0	RP	4		0.0		
Sugars, total	g	13.51	0	RP	4		17.16		
Starch	g								
Minopola									
Minerals:	ma	0	•	-	4		10		
Calcium, Ca		8 0.13	0	RP RP	4 4		10 0.17		
Iron, Fe	-	0.13	0	RP RP	4		2		
Phosphorus, P		16	0	RP	4		20		
Potassium, K		6	0	RP	4		7		
Sodium, Na	-	63	0	RP	4		80		
Zinc, Zn	-	0.10	0	RP	4		0.12		
Copper, Cu	-	0.013	0	RP	4		0.016		
Manganese, Mn	mg	0.005	0	RP	4		0.007		
Selenium, Se	µg	2.4	0	RP	4		3.1		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	RP	4		0.0		
Thiamin	-	0.006	0	RP	4		0.008		
Riboflavin		0.023	0	RP	4		0.030		
Niacin	-	0.003	0	RP	4		0.004		
Pantothenic acid	-	0.123	0	RP	4		0.156		
Vitamin B-6	-	0.012	0	RP	4		0.016		
Folate, total	-	4	0	RP	4		6		
Folic acid		0	0	RP	4		0		
Folate, food	µg	4	0	RP	4		6		
Folate, DFE	µg	4	0	NC	4		6		
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg	0.06	0	RP	4		0.08		
Vitamin B-12, added		0.00	0	RP	4		0.00		
Vitamin A, RAE		15	0	RP	4		19		
Retinol		15	0	RP	4		19		
Carotene, beta		4	0	RP	4		4		
Carotene, alpha		2	0	RP	4		2 2		
Cryptoxanthin, beta		1	0	RP	4				
Vitamin A, IU		58 0	0	RP	4 4		73 0		
Lycopene		44	0	RP RP	4		56		
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.10	0	RP	4		0.13		
Vitamin E, added		0.00	0	RP	4		0.00		
Tocopherol, beta		0.00	· ·	111	-		0.00		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	RP	4		0.0		
Dihydrophylloquinone	ug								

	Amount in	100 grams	Amount in edible portion of common					
		Number				m	easures of foo	od
				0	. ()	_		
Nutrients and Units	Mean Std. Err	or Data or Points		Source Cor Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	0.382	0	RP	4		0.485		
4:0g	0.000	0	RP	4		0.000		
6:0g	0.000	0	RP	4		0.000		
8:0g	0.000	0	RP	4		0.000		
10:0g	0.000	0	RP	4		0.000		
12:0g	0.000	0	RP	4		0.000		
13:0g	0.000	ŭ		•		0.000		
14:0g	0.004	0	RP	4		0.005		
15:0	0.001	0	RP	4		0.003		
	0.274	0	RP	4		0.348		
16:0g	0.274	0		4				
17:0g			RP			0.003		
18:0g	0.097	0	RP	4		0.123		
20:0g	0.001	0	RP	4		0.002		
22:0g	0.002	0	RP	4		0.002		
24:0g	0.000	0	RP	4		0.000		
Fatty acids, total monounsaturatedg	0.470	0	RP	4		0.596		
14:1g	0.001	0	RP	4		0.001		
15:1g								
16:1 undifferentiatedg	0.037	0	RP	4		0.047		
17:1g								
18:1 undifferentiatedg	0.428	0	RP	4		0.544		
20:1g	0.003	0	RP	4		0.004		
22:1 undifferentiatedg	0.000	0	RP	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.168	0	RP	4		0.214		
18:2 undifferentiatedg	0.142	0	RP	4		0.180		
18:3 undifferentiated	0.004	0	RP	4		0.005		
18:4g	0.000	0	RP	4		0.000		
20:2 n-6 c,cg	0.000	·		-		0.000		
20:3 undifferentiatedg								
20:4 undifferentiated	0.018	0	RP	4		0.022		
20:5 n-3 (EPA)	0.000	0	RP	4		0.001		
. ,	0.000	U	KF	-		0.001		
21:5g								
22:4g	0.000	•						
22:5 n-3 (DPA)g	0.000	0	RP	4		0.000		
22:6 n-3 (DHA)g	0.005	0	RP	4		0.006		
Fatty acids, total transg	4.0	_						
Cholesterolmg	49	0	RP	4		63		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	RP	4		0.0		
Caffeinemg	0	0	RP	4		0		
Theobrominemg	0	0	RP	4		0		

Common Measures:

Measure 1 = 127g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>Am oı</u>	<u>unt in 10</u>	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				m	easures of fo	od	
						Source (Confidence	_			
Nutrients and Ur	nits	Mean S	td. Error	Points		Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	6.84		0	FLM	4		0.55	2.19		
Energy	-	350		0	NC	4		28	112		
Energy		1464		0	NC	4		117	469		
		0.81		0	FLM	4		0.06	0.26		
Protein (N x 6.25)		0.81		0	FLM	4		0.00			
Total lipid (fat)	-	6.80		0	NR.	4		0.07	0.29 2.17		
Ash	-	84.66		0	NC NC	4		6.77			
Carbohydrate, by difference		0.8		0	FLM	4		0.1	27.09		
Fiber, total dietary				-					0.3		
Sugars, total		0.90		0	FLM	4		0.07	0.29		
Starch	9										
Minerals:				-							
Calcium, Ca	_	143		0	FLM	4		11	46		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.38		0	FLM	4		0.03	0.12		
Magnesium, Mg	_	5		0	FLM	4		0	1		
Phosphorus, P		2368 30		0	FLM FLM	4 4		189 2	758 9		
Potassium, KSodium, Na	_	3750		0	LC	8		300	1200		
Zinc, Zn	_	0.10		0	FLM	4		0.01	0.03		
Copper, Cu		0.10		0	FLM	4		0.01	0.03		
Manganese, Mn		0.041		0	FLM	4		0.003	0.012		
Selenium. Se.		0.8		0	BFZN	4		0.1	0.3		
,				·		-		***	3.5		
Vitamins:	ma	0.0		1	LC	8		0.0	0.0		
Vitamin C, total ascorbic acid	_	0.00		0	FLM	8 4					
Thiamin	_			0	FLM	4		0.000	0.002		
Riboflavin	_	0.021 0.014		0	FLM	4		0.002 0.001	0.007		
Niacin Pantothenic acid	_	0.014		0	FLM	4		0.001	0.005 0.015		
Vitamin B-6		0.047		0	FLM	4		0.004	0.013		
Folate, total	_	1		0	FLM	4		0	0.002		
Folic acid		0		0	FLM	4		0	0		
Folate, food	· -	1		0	FLM	4		0	0		
Folate, DFE		1		0	NC	4		0	0		
Choline, total		1.1		0	0	4		0.1	0.3		
Betaine	_				•	-		***	0.5		
Vitamin B-12		0.05		0	FLM	4		0.00	0.02		
Vitamin B-12, added		0.00		0	FLM	4		0.00	0.00		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	FLM	4		0	0		
Carotene, beta		0		0	FLM	4		0	0		
Carotene, alpha		0		0	FLM	4		0	0		
Cryptoxanthin, beta		0		0	FLM	4		0	0		
Vitamin A, IU		0		0	NC	4		0	0		
Lycopene		0		0	FLM	4		0	0		
Lutein + zeaxanthin		0		0	FLM	4		0	0		
Vitamin E (alpha-tocopherol)		0.08		0	FLM	4		0.01	0.02		
Vitamin E, added		0.00		0	FLM	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		1.7		0	FLM	4		0.1	0.5		
Dihydrophylloquinone											
Menaquinone-4	µg										

	Am ount in	100 grams	Amount in edible portion of common					
		Numbe	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	0.000	•						
Fatty acids, total saturatedg	0.099	0	FLM	4		0.008	0.032	
4:0g	0.000	0	FLM	4		0.000	0.000	
6:0g	0.000	0	FLM	4		0.000	0.000	
8:0g	0.000	0	FLM	4		0.000	0.000	
10:0g	0.000	0	FLM	4		0.000	0.000	
12:0g	0.000	0	FLM	4		0.000	0.000	
13:0g	0.001	•		4				
14:0g	0.001	0	FLM	4		0.000	0.000	
15:0g	0.000	•						
16:0g	0.078	0	FLM	4		0.006	0.025	
17:0g	0.010	•				0 001	0.005	
18:0g	0.019	0	FLM	4		0.001	0.006	
20:0g								
22:0g								
24:0g	0.116	0	TT 14	4		0.000	0.025	
Fatty acids, total monounsaturatedg	0.116	U	FLM	4		0.009	0.037	
14:1g								
15:1g	0.004	0		4		0.000	0.001	
16:1 undifferentiatedg	0.004	U	FLM	4		0.000	0.001	
17:1g	0.110	0		4				
18:1 undifferentiatedg	0.112		FLM			0.009	0.036	
20:1g	0.000	0	FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	
24:1 c	0. 433	0	TT 14	4		0.025	0 120	
Fatty acids, total polyunsaturatedg	0.433 0.386	0	FLM	4		0.035 0.031	0.139 0.124	
18:2 undifferentiated	0.386	0	FLM FLM	4				
		0		4		0.004	0.015	
18:4g	0.000	U	FLM	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0	FLM	4		0.000	0.000	
20:4 undifferentiated	0.000	0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)	0.000	U	FLM	4		0.000	0.000	
21:5g								
22:4g	0.000	0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)	0.000	U	FIM	*		0.000	0.000	
Fatty acids, total trans	0	0	FLM	4		0	0	
Phytosterolsmg	U	U	4 PW	4		U	U	
r ilytostetoisIlig								
Others:								
Alcohol, ethylg	0.0	0	FLM	4		0.0	0.0	
Caffeinemg	0	0	FLM	4		0	0	
Theobrominemg	0	0	FLM	4		0	0	

Common Measures:

Measure 1 = 8.0g: 1 serving

Measure 2 = 32g: 1 package 4 servings

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	v grams	oreal	vie porti	<u>011</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	_	10.40		0		4		11.75	27.04		
Energy		351		0	NC	4		397	914		
Energy		1470		0	NC	4		1662	3823		
Protein (N x 6.25)		1.60 0.10		0		4 4		1.81 0.11	4.16		
Total lipid (fat)				0	0	4			0.26		
Ash	-	1.86		0				2.10 97.22	4.84		
Carbohydrate, by difference		86.04 0.9		0	NC MC	4 9		1.0	223.70		
Fiber, total dietary				-					2.3		
Sugars, total		2.90		0	MC	9		3.28	7.54		
Starch	9										
Minerals:											
Calcium, Ca	-	49		0		4		55	127		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.05		0		4		0.06	0.13		
Magnesium, Mg	-	17		0		4		19	44		
Phosphorus, P		12		0		4		14	31		
Potassium, K	-	18		0		4		20	47		
Sodium, Na	-	1765		0		4		1994	4589		
Zinc, Zn	-	0.19		0		4		0.21	0.49		
Copper, Cu		0.04	0	0		4		0.045	0.104		
Manganese, Mn		0.9		0	BFZN	4		1.0	2.3		
Selenium, Se	µg	0.9		U	BFZN	4		1.0	2.3		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0		
Thiamin		0.00		0		4		0.000	0.000		
Riboflavin	-	0.00		0		4		0.000	0.000		
Niacin	-	0.00	0	0		4		0.000	0.000		
Pantothenic acid	-		_								
Vitamin B-6	-	0.00	0	0		4		0.000	0.000		
Folate, total		0		0	220	4		0	0		
Folic acid		0		0	BFSN	4 4		0	0		
Folate, food		0		0	BFSN NC	4		0	0		
Folate, DFE		0.0		0	O	4		0.0	0.0		
Choline, total		0.0		U	U	*		0.0	0.0		
Betaine Vitamin B-12	-	0.00		0		4		0.00	0.00		
Vitamin B-12, added		0.00		0	z	7		0.00	0.00		
Vitamin A, RAE		0.00		0	BFSN	4		0	0.00		
Retinol		0		0	BFSN	4		0	0		
Carotene, beta		0		0	BFSN	4		0	0		
Carotene, alpha		0		0	BFSN	4		0	0		
Cryptoxanthin, beta		0		0	BFSN	4		0	0		
Vitamin A, IU		0		0		4		0	0		
Lycopene		0		0	BFSN	4		0	0		
Lutein + zeaxanthin		0		0	BFSN	4		0	0		
Vitamin E (alpha-tocopherol)		0.05		0	BFSN	4		0.06	0.13		
Vitamin E, added		0.00		0	z	7		0.00	0.00		
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	g										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		1.1		0	BFSN	4		1.2	2.8		
Dihydrophylloquinone											

	Amo	ount in 10		Amount in edible portion of common measures of food					
			Number				<u> </u>	easures or roc	<u>ou</u>
					Source Co	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.01	8	0		4		0.020	0.047	
4:0g	0.00	0	0		4		0.000	0.000	
6:0g	0.00	0	0		4		0.000	0.000	
8:0g	0.00	0	0		4		0.000	0.000	
10:0g	0.00	0	0		4		0.000	0.000	
12:0g	0.00	0	0		4		0.000	0.000	
13:0g									
14:0g	0.00	0	0		4		0.000	0.000	
15:0g									
16:0g	0.01	8	0		4		0.020	0.047	
17:0g									
18:0g	0.00	2	0		4		0.002	0.005	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.03	2	0		4		0.036	0.083	
14:1g									
15:1g									
16:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.03	2	0		4		0.036	0.083	
20:1g	0.00	0	0		4		0.000	0.000	
22:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.05		0		4		0.057	0.130	
18:2 undifferentiatedg	0.05		0		4		0.057	0.130	
18:3 undifferentiatedg	0.00		0		4		0.000	0.000	
18:4g	0.00	0	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00		0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	
21:5g									
22:4g		_							
22:5 n-3 (DPA)g	0.00		0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.00	U	0		4		0.000	0.000	
Fatty acids, total transg			•				•	•	
Cholesterolmg	0		0		4		0	0	
Phytosterolsmg									
Others:	_		_		_				
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	BFSN	4		0	0	
Theobrominemg	0		0	BFSN	4		0	0	

Common Measures:

Measure 1 = 113g: 1 serving Measure 2 = 260g: 1 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am</u>	ount in 100	grams	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common
					_				easures of fo	
				Num be				<u></u>		
							Confidence			
Nutrients and U	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Duovimotoga										
Proximates: Water	а	2.80	0.0	54 6		1		2.77	0.70	
Energy		367		0	NC	4		363	92	
Energy		1536		0		4		1520	384	
Protein (N x 6.4)		0.00	0.0	00 6		1		0.00	0.00	
Total lipid (fat)		0.60	0.0	74 6		1		0.59	0.15	
Ash		3.80	0.0	13 6		1		3.76	0.95	
Carbohydrate, by difference	_	92.70)	0	NC	4		91.77	23.18	
Fiber, total dietary		0.0		0	FLM	4		0.0	0.0	
Sugars, total		76.5	7	0	0	4		75.80	19.14	
Starch										
Minerals:										
Calcium, Ca	<u>m</u> g	6		1		4		6	2	
Iron, Fe	mg	0.13	2	1		4		0.12	0.03	
Magnesium, Mg	mg	2		1		4		2	1	
Phosphorus, P		804		1		4		796	201	
Potassium, K	_	15		0		4		15	4	
Sodium, Na	_	1499		0		4		1484	375	
Zinc, Zn	_	0.04		1		4		0.04	0.01	
Copper, Cu		0.02		1		4		0.021	0.005	
Manganese, Mn		0.0	10	1		4		0.010	0.003	
Selenium, Se	µg	0.8		0	BFZN	4		0.8	0.2	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0	
Thiamin		0.00		1		4		0.001	0.000	
Riboflavin	_	0.00		1		4		0.003	0.001	
Niacin	_	0.00		1		4		0.002	0.001	
Pantothenic acid	_	0.00		1 1		4 4		0.006 0.001	0.002	
Vitamin B-6	_	0.00)1	1		4		0.001	0.000 0	
Folate, total		0		0	z	7		0	0	
		0		1	4	4		0	0	
Folate, food Folate, DFE		0		0	NC	4		0	0	
Choline, total		· ·		U	NC	-		U	U	
Betaine										
Vitamin B-12	-	0.0	1	1		4		0.01	0.00	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol	· -	0		0	z	7		0	0	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µy									

	<u>Am ou</u>	nt in 100 grams	of edi	ble portio	<u>1</u>	Amount in edible portion of common			
		Num be	r			<u>m</u>	easures of foo	<u>od</u>	
				Source C	onfidence				
Nutrients and Units	Mean St	d. Error Points			Code	Measure 1	Measure 2	Measure 3	
Lipids:									
Fatty acids, total saturated	0.090	0		1		0.089	0.023		
4:0g	0.000	1		1		0.000	0.000		
6:0g	0.000	1		1		0.000	0.000		
8:0g	0.000	1		1		0.000	0.000		
10:0g	0.000	1		1		0.000	0.000		
12:0g	0.000	1		1		0.000	0.000		
13:0g	0.000	-		-		0.000	0.000		
14:0g	0.000	1		1		0.000	0 000		
_	0.000	_		-		0.000	0.000		
15:0g 16:0g	0.060	1		1		0.059	0.015		
	0.000	_		-		0.059	0.015		
17:0g	0.020	1		1		0.020	0.005		
18:0g	0.020	1		1		0.020	0.005		
20:0g									
22:0g									
24:0g		•		_					
Fatty acids, total monounsaturatedg	0.140	0		1		0.139	0.035		
14:1g									
15:1g									
16:1 undifferentiated	0.000	1		1		0.000	0.000		
17:1g									
18:1 undifferentiatedg	0.140	1		1		0.139	0.035		
20:1g	0.000	1		1		0.000	0.000		
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.350	0		1		0.347	0.088		
18:2 undifferentiatedg	0.310	1		1		0.307	0.078		
18:3 undifferentiatedg	0.040	1		1		0.040	0.010		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3 (EPA)g									
21:5g									
22:4g									
22:5 n-3 (DPA)g									
22:6 n-3 (DHA)g									
Fatty acids, total transg									
Cholesterolmg	0	1		4		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg									
Caffeinemg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19121 Puddings, banana, dry mix, instant, prepared with 2% milk

Refuse:0%

		AIII	ount in 10	o grams	or ean	ne porti	<u>011</u>	Amount in edible portion of common			
				Num be r				<u>m</u>	easures of fo	od_	
				of Data	Deriv	Source	Confidence				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
roximates:_											
Water		74.5	2	0	RPA	1		109.54			
Energy		105		0	RPI	6		155			
Energy	kJ	441		0	RPI	6		648			
Protein		2.7		0	RPA	1		4.06			
Total lipid (fat)	g	1.7		0	RPA	1		2.49			
Ash	-	1.2		0	RPA	1		1.85			
Carbohydrate, by difference	g	19.7	4	0	RPI	6		29.02			
Fiber, total dietary	g	0.0		0	RPI	6		0.0			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	<u>m</u> g	102		0	RPI	6		150			
Iron, Fe	mg	0.0	6	0	RPI	6		0.09			
Magnesium, Mg	mg	12		0	RPI	6		17			
Phosphorus, P	mg	216		0	RPI	6		317			
Potassium, K	_	131		0	RPI	6		192			
Sodium, Na	_	296		0	RPI	6		435			
Zinc, Zn	_	0.3		0	RPI	6		0.49			
Copper, Cu		0.0		0	RPI	6		0.015			
Manganese, Mn		0.0	03	0	RPI	6		0.005			
Selenium, Se	µg	2.0		0	RPI	6		2.9			
itamins:											
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6		1.2			
Thiamin	mg	0.0	33	0	RPI	6		0.048			
Riboflavin	mg	0.1	37	0	RPI	6		0.202			
Niacin	mg	0.0	72	0	RPI	6		0.105			
Pantothenic acid	-	0.2	67	0	RPI	6		0.392			
Vitamin B-6	mg	0.0	36	0	RPI	6		0.053			
Folate, total		4		0	RPI	6		6			
Folic acid		0		0	RPI	6		0			
Folate, food		4		0	RPI	6		6			
Folate, DFE		4		0	NC	4		6			
Choline, total	•										
Betaine	_	0.3	•	0	DDT	6		0.45			
Vitamin B-12		46	U	0	RPI NC	4		68			
Vitamin A, RAE Retinol		46		0	RPA	1		67			
Carotene, beta		10		0	0	4		15			
Carotene, alpha		10		U	O	-		13			
Cryptoxanthin, beta											
Vitamin A, IU		170		0	RPI	6		250			
Lycopene				-		-					
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)		0.8		0	RPI	6		1.2			
Vitamin D		33		0	RPI	6		49			
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	uq										

	<u>A</u> 1	Amount in 100 grams of edible portion Number						dible portion o	
				Deriv	Source	Confidence			
Nutrients and Units	Mean	Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	9	971	0	RPA	1		1.427		
4:0 6:0	9	051 031	0	RPA RPA	1 1		0.076		
8:0	•	017	0	RPA	1		0.045 0.026		
10:0	_	040	0	RPA	1		0.059		
12:0	_	045	0	RPA	1		0.066		
13:0 14:0	=	L60	0	RPA	1		0.235		
15:0	=	100	· ·	KPA	1		0.235		
16:0	_	129	0	RPA	1		0.631		
17:0	=		_		_				
18:0 20:0	0	L97	0	RPA	1		0.289		
22:0	•								
24:0									
Fatty acids, total monounsaturated		160	0	RPA	1		0.677		
14:1 15:1	_								
16:1 undifferentiated		036	0	RPA	1		0.052		
17:1	g								
18:1 undifferentiated		125	0	RPA	1		0.624		
20:1 22:1 undifferentiated		000	0	RPA RPA	1 1		0.000		
24:1 c	9		·		_		0.000		
Fatty acids, total polyunsaturated	g 0.	L18	0	RPA	1		0.174		
18:2 undifferentiated	_	880	0	RPA	1		0.130		
18:3 undifferentiated	•	030 000	0	RPA RPA	1 1		0.044 0.000		
20:2 n-6 c,c		,,,,	Ŭ	KIA	-		0.000		
20:3 undifferentiated									
20:4 undifferentiated	=	000	0	RPA	1		0.000		
20:5 n-3 (EPA)	=	000	0	RPA	1		0.000		
22:4	_								
22:5 n-3 (DPA)		000	0	RPA	1		0.000		
22:6 n-3 (DHA)	9	000	0	RPA	1		0.000		
Fatty acids, total trans			0	RPI	6		9		
Phytosterols	•		·		·		-		
Amino Acids:									
Tryptophan	g 0.	039	0	RPA	1		0.057		
Threonine		L25	0	RPA	1		0.183		
Isoleucine	9	L67	0	RPA	1		0.245		
Leucine	9	271 219	0	RPA RPA	1 1		0.398 0.322		
Lysine Methionine	•	070	0	RPA	1		0.102		
Cystine	•	026	0	RPA	1		0.038		
Phenylalanine	9	L34	0	RPA	1		0.196		
Tyrosine	•	L34	0	RPA	1 1		0.196		
ValineArginine	9	L85 L00	0	RPA RPA	1		0.272 0.148		
Histidine	•	75	0	RPA	1		0.110		
Alanine	g 0.	095	0	RPA	1		0.140		
Aspartic acid	•	210	0	RPA	1		0.309		
Glucina	9	579 058	0	RPA RPA	1 1		0.850 0.085		
Glycine Proline	9	268	0	RPA	1		0.085		
Serine	9	L50	0	RPA	1		0.221		
Hydroxyproline	g								
Others:									
Alcohol, ethyl)	0	RPI	6		0.0		
Caffeine	=		0	RPI	6		0		
Theobromine	mg 0		0	RPI	6		0		

Puddings, banana, dry mix, instant, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 147g: .5 cup From 19191

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		An	ount in 10	0 grams	of edil	<u>on</u>	Amount in e	Amount in edible portion of common			
				Num ber					easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Duorimotos											
Proximates: Water	g	73.6	2	0	RPA	1		93.50			
Energy		115		0	NC	4		146			
Energy		480		0	NC	4		609			
Protein		2.6	2	0	RPA	1		3.32			
Total lipid (fat)		2.8	0	0	RPI	6		3.56			
Ash		1.2	10	0	RPA	1		1.53			
Carbohydrate, by difference		19.7	6	0	NC	4		25.09			
Fiber, total dietary	g	0.0	1	0	RPI	6		0.0			
Sugars, total	g	17.3	8	0	RPI	6		22.07			
Starch											
Minanala											
Minerals:						_					
Calcium, Ca	-	94	-	0	RPI	6		120			
Iron, Fe	-	0.0 9	5	0	RPI RPI	6 6		0.06 11			
Magnesium, Mg		206		0	RPI	6		262			
Phosphorus, P Potassium, K		112		0	RPI	6		143			
Sodium, Na		290		0	RPI	6		368			
Zinc, Zn		0.3	12	0	RPI	6		0.40			
Copper, Cu	-	0.0		0	RPI	6		0.031			
Manganese, Mn		0.0		0	RPI	6		0.007			
Selenium, Se		3.2	!	0	RPI	6		4.0			
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.0		0	RPI RPI	6 6		0.0 0.049			
Thiamin	-	0.0		0	RPI	6		0.049			
Riboflavin	-	0.0		0	RPI	6		0.178			
Pantothenic acid	-	0.3		0	RPI	6		0.394			
Vitamin B-6	-	0.0		0	RPI	6		0.038			
Folate, total	-	4	.50	0	RPI	6		5			
Folic acid		0		0	RPI	6		0			
Folate, food		4		0	RPI	6		5			
Folate, DFE		4		0	NC	4		5			
Choline, total		11.9	1	0	RPA	1		15.1			
Betaine	mg	0.5	;	0	RPA	1		0.6			
Vitamin B-12	µg	0.3	7	0	RPI	6		0.48			
Vitamin B-12, added	µg	0.0	0	0	RPI	6		0.00			
Vitamin A, RAE	µg	38		0	NC	4		48			
Retinol	µg	38		0	RPI	6		48			
Carotene, beta	µg	6		0	RPA	1		7			
Carotene, alpha	µg	0		0	RPA	1		0			
Cryptoxanthin, beta	µg	0		0	RPA	1		0			
Vitamin A, IU	J <u>U</u>	134		0	NC	4		171			
Lycopene		0		0	RPA	1		0			
Lutein + zeaxanthin		0		0	RPA	1		0			
Vitamin E (alpha-tocopherol)		0.0		0	RPA	1		0.07			
Vitamin E, added		0.0		0	RPI	6		0.00			
Tocopherol, beta		0.0		0	RPA	1		0.00			
Tocopherol, gamma		0.0		0	RPA	1		0.00			
Tocopherol, delta		0.0		0	RPA	1		0.00			
Tocotrienol, alpha		0.0		0	RPA	1		0.00			
Tocotrienol, beta		0.0		0	RPA	1		0.00			
Tocotrienol, gamma		0.0		0	RPA	1		0.00			
Tocotrienol, delta		0.0		0	RPA AS	1 1		0.00 1.3			
Vitamin D2 (2000 coloifore)		1.1	•	U	AS	1		1.3			
Vitamin D2 (ergocalciferol)		1.1		0	RPA	1		1.3			
Vitamin D3 (cholecalciferol) Vitamin D		42	•	0	RPA	1		54			
Vitamin D Vitamin K (phylloquinone)		0.2		0	RPA	1		0.3			

Nutrients and Units Nutrients and Units		<u> </u>				ble port	Amount in edible portion of common			
Nutrients and Units				Numbai						
Nutrients and Units						Source	Confidence			
Memogrames	Nutrients and Units	Mean	Std. Err					Measure 1	Measure 2	Measure 3
Memogrames										
Lindis:		•								
Targ acids, and summered	Menaquinone-4µç	g 0.8	1	0	RPA	1		1.0		
10.	Lipids:									
60.	•									
80	=									
100				-						
12-0.										
14-0		0.0	64	0	RPA	1		0.081		
15.0	9			-						
16.0	_									
17-0.				-						
18.0				-						
22-0										
240.	20:0g	0.0	00	0	RPA	1		0.000		
Fathy saick, total monounstrated	=			-						
14-1	_									
15:1										
16.1 undifferentiated. 9		0.0	.00	U	RPA	1		0.000		
181 undifferentiated.		0.0	00	0	RPA	1		0.000		
20:1	17:1g									
22:1 undifferentiated	=				RPA			0.887		
24-1 C.										
Fatty acids, total polyumaturated	_	0.0	000	0	RPA	1		0.000		
18.2 undifferentiated. 9		0.2	21	0	RPT	6		0.281		
18.3 undifferentiated.										
20-2 n-6 c.c.	=	0.0	69	0	RPA	1				
20:3 undifferentiated	18:4g	0.0	00	0	RPA	1		0.000		
20.4 undifferentiated. g 0.000 0 RPA 1 0.000 20.5 n-3 (EPA)	-									
20.5 n.3 (EPA)		0.0	.00	0	ממם	1		0 000		
21:5										
22:5 n-3 (DPA) 9 0.000 0 RPA 1 0.000 22:6 n-3 (DHA) 9 0.000 0 RPA 1 0.000 Fatty acids total trans 9 0 RPI 6 11 Cholesterol. mg 9 0 RPI 6 11 Phytosterols Tryptoptan 9 0.061 0 RPA 1 0.077 Tryptophan 9 0.061 0 RPA 1 0.147 Tryptophan 9 0.116 0 RPA 1 0.147 Tryptophan 9 0.116 0 RPA 1 0.147 Tryptophan 9 0.116 0 RPA 1 0.147 Tryptophan 9 0.114 0 RPA 1 0.147 Laylocal Colspan="2">Seption of the product of the produc	. ,							01000		
22:6 n-3 (DHA) 9 0.000 0 RPA 1 0.000 Fatty acids, total trans. 9 0 RPI 6 11 Cholesterol. mg 9 0 RPI 6 11 Phytosterols. mg 1 11 Phytosterols. mg 1 11 Amino Acids: Tryptophan 9 0.061 0 RPA 1 0.077 Threonine 9 0.116 0 RPA 1 0.147 Isoleucine 9 0.134 0 RPA 1 0.170 Leucine 9 0.216 0 RPA 1 0.274 Lysine 9 0.114 0 RPA 1 0.077 Leucine 9 0.061 0 RPA 1 0.077 Phenylalanine 9 0.014 0 RPA 1 0.017 Phenylalanine 9 0.123 0 RPA 1 0.156 Valine 9 0.156 0 RPA 1 0.156 Valine 9 0.061 0 RPA 1 0.077 Histid	22:4g									
Fatty acids, total trans										
Cholesterol. mg 9 0 RPI 6 11	` ,	0.0	00	0	RPA	1		0.000		
Phytosterols. mg Mg	_	. 0		0	RDT	6		11		
Amino Acids: Tryptophan 9 0.061 0 RPA 1 0.077 Threonine 9 0.116 0 RPA 1 0.147 Isoleucine 9 0.134 0 RPA 1 0.170 Leucine 9 0.216 0 RPA 1 0.274 Lysine 9 0.114 0 RPA 1 0.145 Methionine 9 0.061 0 RPA 1 0.077 Cysine 9 0.014 0 RPA 1 0.017 Phenylalanine 9 0.119 0 RPA 1 0.152 Tyrosine 9 0.123 0 RPA 1 0.156 Valine 9 0.156 0 RPA 1 0.198 Arginine 9 0.061 0 RPA 1 0.077 Histidine 9 0.083 0 RPA 1 0		3		•		Ü				
Tryptophan. 9 0.061 0 RPA 1 0.077 Threonine. 9 0.116 0 RPA 1 0.147 Isoleucine. 9 0.134 0 RPA 1 0.170 Leucine. 9 0.216 0 RPA 1 0.274 Lysine. 9 0.114 0 RPA 1 0.145 Methionine. 9 0.061 0 RPA 1 0.077 Cystine. 9 0.014 0 RPA 1 0.017 Phenylalanine. 9 0.119 0 RPA 1 0.156 Valine. 9 0.123 0 RPA 1 0.156 Valine. 9 0.156 0 RPA 1 0.077 Histidine. 9 0.061 0 RPA 1 0.077 Alanine. 9 0.083 0 RPA 1 0.245	•									
Threonine g 0.116 0 RPA 1 0.147 Isoleucine g 0.134 0 RPA 1 0.170 Leucine g 0.216 0 RPA 1 0.274 Lysine g 0.114 0 RPA 1 0.145 Methionine g 0.061 0 RPA 1 0.077 Cystine g 0.014 0 RPA 1 0.017 Phenylalanine g 0.0119 0 RPA 1 0.152 Tyrosine g 0.123 0 RPA 1 0.156 Valine g 0.123 0 RPA 1 0.156 Valine g 0.061 0 RPA 1 0.077 Histidine g 0.061 0 RPA 1 0.106 Aspartic acid g 0.193 0 RPA 1 0.245 <tr< td=""><td></td><td>0.0</td><td>161</td><td>0</td><td>DDA</td><td>1</td><td></td><td>0 077</td><td></td><td></td></tr<>		0.0	161	0	DDA	1		0 077		
Soleucine										
Leucine 9 0.216 0 RPA 1 0.274 Lysine 9 0.114 0 RPA 1 0.145 Methionine 9 0.061 0 RPA 1 0.077 Cystine 9 0.014 0 RPA 1 0.017 Phenylalanine 9 0.119 0 RPA 1 0.152 Tyrosine 9 0.123 0 RPA 1 0.156 Valine 9 0.156 0 RPA 1 0.198 Arginine 9 0.061 0 RPA 1 0.077 Histidine 9 0.061 0 RPA 1 0.077 Alaine 9 0.083 0 RPA 1 0.106 Aspartic acid 9 0.193 0 RPA 1 0.245 Glutamic acid 9 0.526 0 RPA 1 0.669 Glycine 9 0.278 0 RPA 1 0.353	-									
Methionine 9 0.061 0 RPA 1 0.077 Cystine 9 0.014 0 RPA 1 0.017 Phenylalanine 9 0.119 0 RPA 1 0.152 Tyrosine 9 0.123 0 RPA 1 0.156 Valine 9 0.156 0 RPA 1 0.198 Arginine 9 0.061 0 RPA 1 0.077 Histidine 9 0.061 0 RPA 1 0.077 Alanine 9 0.083 0 RPA 1 0.106 Aspartic acid 9 0.193 0 RPA 1 0.245 Glutamic acid 9 0.526 0 RPA 1 0.669 Glycine 9 0.061 0 RPA 1 0.077 Proline 9 0.278 0 RPA 1 0.353 Serine 9 0.087 0 RPA 1 0.110 <td></td> <td>0.2</td> <td>16</td> <td>0</td> <td>RPA</td> <td>1</td> <td></td> <td>0.274</td> <td></td> <td></td>		0.2	16	0	RPA	1		0.274		
Cystine 9 0.014 0 RPA 1 0.017 Phenylalanine 9 0.119 0 RPA 1 0.152 Tyrosine 9 0.123 0 RPA 1 0.156 Valine 9 0.156 0 RPA 1 0.198 Arginine 9 0.061 0 RPA 1 0.077 Histidine 9 0.061 0 RPA 1 0.077 Alanine 9 0.083 0 RPA 1 0.106 Aspartic acid 9 0.193 0 RPA 1 0.245 Glutamic acid 9 0.526 0 RPA 1 0.669 Glycine 9 0.061 0 RPA 1 0.077 Proline 9 0.278 0 RPA 1 0.353 Serine 9 0.087 0 RPA 1 0.310	•									
Phenylalanine 9 0.119 0 RPA 1 0.152 Tyrosine 9 0.123 0 RPA 1 0.156 Valine 9 0.156 0 RPA 1 0.198 Arginine 9 0.061 0 RPA 1 0.077 Histidine 9 0.061 0 RPA 1 0.106 Aspartic acid 9 0.083 0 RPA 1 0.106 Aspartic acid 9 0.193 0 RPA 1 0.245 Glutamic acid 9 0.526 0 RPA 1 0.669 Glycine 9 0.061 0 RPA 1 0.077 Proline 9 0.278 0 RPA 1 0.353 Serine 9 0.087 0 RPA 1 0.110	•									
Tyrosine 9 0.123 0 RPA 1 0.156 Valine 9 0.156 0 RPA 1 0.198 Arginine 9 0.061 0 RPA 1 0.077 Histidine 9 0.061 0 RPA 1 0.077 Alanine 9 0.083 0 RPA 1 0.106 Aspartic acid 9 0.193 0 RPA 1 0.245 Glutamic acid 9 0.526 0 RPA 1 0.669 Glycine 9 0.061 0 RPA 1 0.077 Proline 9 0.278 0 RPA 1 0.353 Serine 9 0.087 0 RPA 1 0.110	•									
Valine g 0.156 0 RPA 1 0.198 Arginine g 0.061 0 RPA 1 0.077 Histidine g 0.061 0 RPA 1 0.077 Alanine g 0.083 0 RPA 1 0.106 Aspartic acid g 0.193 0 RPA 1 0.245 Glutamic acid g 0.526 0 RPA 1 0.669 Glycine g 0.061 0 RPA 1 0.077 Proline g 0.278 0 RPA 1 0.353 Serine g 0.087 0 RPA 1 0.110										
Arginine 9 0.061 0 RPA 1 0.077 Histidine 9 0.061 0 RPA 1 0.077 Alanine 9 0.083 0 RPA 1 0.106 Aspartic acid 9 0.193 0 RPA 1 0.245 Glutamic acid 9 0.526 0 RPA 1 0.669 Glycine 9 0.061 0 RPA 1 0.077 Proline 9 0.278 0 RPA 1 0.353 Serine 9 0.087 0 RPA 1 0.110										
Histidine				0	RPA	1				
Aspartic acid. 9 0.193 0 RPA 1 0.245 Glutamic acid. 9 0.526 0 RPA 1 0.669 Glycine. 9 0.061 0 RPA 1 0.077 Proline. 9 0.278 0 RPA 1 0.353 Serine. 9 0.087 0 RPA 1 0.110				-						
Glutamic acid g 0.526 0 RPA 1 0.669 Glycine g 0.061 0 RPA 1 0.077 Proline g 0.278 0 RPA 1 0.353 Serine g 0.087 0 RPA 1 0.110										
Glycine g 0.061 0 RPA 1 0.077 Proline g 0.278 0 RPA 1 0.353 Serine g 0.087 0 RPA 1 0.110										
Proline										
Serineg 0.087 0 RPA 1 0.110										
Hydroxyprolineg										
	=									

Puddings, banana, dry mix, instant, prepared with whole milk

	Am	ount in 10	0 gram s	of edi	Amount in edible portion of common				
			Number				measures of food		
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethylg	0.0		0	RPI	6		0.0		
Caffeinemg	0		0	RPI	6		0		
Theobrominemg	0		0	RPI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

Menaquinone-4.....µg

Lipids:

		<u>Am</u>	ount in 100 gr	ram s	of edik	le portion		Amount in e	dible portion	of common
			Nur	nber					easures of foo	
						Source Cor	nfidence			
Nutrients and Un	its	Mean	Std. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	ď	2.80	0.054	6		1		2.77	0.70	
Energy	-	386	0,001	0		4		382	97	
Energy		1615		·		4		1599	404	
Protein (N x 6.4)		0.00	0.000	6		1		0.00	0.00	
		4.40	0.000	0		1		4.36	1.10	
Total lipid (fat)		3.80	0.013	6		1		3.76	0.95	
Ash	_	89.00	0.013	0		4		88.11		
Carbohydrate, by difference				0				0.0	22.25	
Fiber, total dietary		0.0		U	BFZN	4		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	_	6		0		1		6	2	
Iron, Fe	mg	0.12		0		4		0.12	0.03	
Magnesium, Mg		2		0		4		2	1	
Phosphorus, P	mg	804		0		4		796	201	
Potassium, K	_	15		0		4		15	4	
Sodium, Na	<u>mg</u>	1499		0		4		1484	375	
Zinc, Zn	mg	0.04		0		4		0.04	0.01	
Copper, Cu	mg	0.02	1	0		4		0.021	0.005	
Manganese, Mn	mg	0.01	0	0		4		0.010	0.003	
Selenium, Se	µg	0.8		0	RA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.00	1	0		4		0.001	0.000	
Riboflavin	mg	0.00	3	0		4		0.003	0.001	
Niacin	mg	0.00	2	0		4		0.002	0.001	
Pantothenic acid	mg	0.00	6	0		4		0.006	0.002	
Vitamin B-6	mg	0.00	1	0		4		0.001	0.000	
Folate, total	μg	0		0		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total										
Betaine	mg									
Vitamin B-12		0.01		0		4		0.01	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	μg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		0		4		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										

	Amo	ount in 10	0 grams Number		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean :	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturatedg	0.79		0		4		0.782	0.198		
4:0g	0.00		0		4		0.000	0.000		
6:0g	0.00		0		4		0.000	0.000		
8:0g	0.00		0		4		0.000	0.000		
10:0g	0.00)	0		4		0.000	0.000		
12:0g	0.00)	0		4		0.000	0.000		
13:0g										
14:0g	0.00)	0		4		0.000	0.000		
15:0g										
16:0g	0.62)	0		4		0.614	0.155		
17:0g										
18:0g	0.16)	0		4		0.158	0.040		
20:0g										
22:0g										
24:0g										
Fatty acids, total monounsaturatedg	1.30)	0		4		1.287	0.325		
14:1g										
15:1g										
16:1 undifferentiatedg	0.00)	0		4		0.000	0.000		
17:1g										
18:1 undifferentiatedg	1.29)	0		4		1.277	0.323		
20:1g	0.00)	0		4		0.000	0.000		
22:1 undifferentiated										
24:1 cg										
Fatty acids, total polyunsaturated	2.12)	0		4		2.099	0.530		
18:2 undifferentiatedg	1.99)	0		4		1.970	0.498		
18:3 undifferentiatedg	0.12)	0		4		0.119	0.030		
18:4g										
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg										
20:5 n-3 (EPA)g										
21:5g										
22:4g										
22:5 n-3 (DPA)g										
22:6 n-3 (DHA)g										
Fatty acids, total transg										
Cholesterolmg	0		0		4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg										
Caffeinemg	0		0	Z	7		0	0		
Theobrominemg	0		0	Z	7		0	0		

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 100	grams	of edi	ble portion	<u>l</u>	Amount in e	dible portion	of common
				Num be i					easures of fo	
			!			Source Co				
Nutrients and U	ln it o	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and 0	iiiis	Wean	3tu. 🗀 101	1 011113	Jouc	Oouc	Oode	weasure i	weasure 2	weasure .
Proximates:										
Water	g	4.1	0.1	.00 6		1		3.61	0.90	
Energy	kcal	366		0	NC	4		322	81	
Energy	kJ	1532		0	NC	4		1348	337	
Protein (N x 6.2)	g	0.0	0	0		4		0.00	0.00	
Total lipid (fat)	g	0.4	0.0	30 3		1		0.35	0.09	
Ash	g	2.5	0.0	79 6		1		2.20	0.55	
Carbohydrate, by difference	g	93.0	0	0	NC	4		81.84	20.46	
Fiber, total dietary	g	0.3		0	FLM	4		0.3	0.1	
Sugars, total	g	74.3	2	0	0	4		65.40	16.35	
Starch										
Minerals:										
Calcium, Ca	mg	20		1		4		18	4	
Iron, Fe	mg	0.0	5	1		4		0.04	0.01	
Magnesium, Mg	mg	8		1		4		7	2	
Phosphorus, P	mg	5		1		4		4	1	
Potassium, K	mg	17		0		4		15	4	
Sodium, Na	-	788		0		4		693	173	
Zinc, Zn	-	0.0		1		4		0.08	0.02	
Copper, Cu		0.0		1		4		0.018	0.004	
Manganese, Mn		0.0	13	1		4		0.011	0.003	
Selenium, Se	µg	0.9		0	BFZN	4		0.8	0.2	
<u>Vitamins:</u>		0.0								
Vitamin C, total ascorbic acid	_	0.0	00	1 1		4		0.0	0.0	
Thiamin		0.0				4 4		0.000	0.000	
Riboflavin	-	0.0		1 1		4		0.000	0.000	
Niacin	=	0.00		1		4		0.000	0.000	
Pantothenic acid Vitamin B-6	-	0.0		1		4		0.000	0.000	
Folate, total	-	0.0	00	1		4		0	0.000	
Folic acid		0		0	z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total		· ·		ŭ	110	•		Ü	· ·	
Betaine	-									
Vitamin B-12	-	0.0	n	1		4		0.00	0.00	
Vitamin B-12, added		0.0		0	z	7		0.00	0.00	
Vitamin A, RAE		0	-	0	AS	1		0	0	
Retinol		0		0	z	7		0	0	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	ug									

	<u>Am</u>	ount in 10	0 gram s	of edi	ble portion	Amount in edible portion of common			
			Number				easures of foo		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Confidence Code Code	e Measure 1	Measure 2	Measure 3	
Lipids:	0.00	20	0			0.000	0.000		
Fatty acids, total saturatedg 4:0g	0.09	90	0		1	0.079	0.020		
6:0g 8:0									
10:0g									
12:0g 13:0g									
14:0g									
15:0g									
16:0g	0.08	30	1		1	0.070	0.018		
17:0g 18:0g	0.00	20	1		1	0.000	0.000		
20:0g	0.00	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	-		-	0.000	0.000		
22:0g									
24:0g									
Fatty acids, total monounsaturatedg 14:1g	0.03	30	0		1	0.026	0.007		
14:1g 15:1g									
16:1 undifferentiatedg									
17:1g			_		_				
18:1 undifferentiatedg 20:1g	0.03	30	1		1	0.026	0.007		
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.16		0		1	0.141	0.035		
18:2 undifferentiated	0.16		1 1		1	0.141 0.009	0.035		
18:3 undifferentiated	0.01	LU	1		1	0.009	0.002		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3 (EPA)g 21:5g									
22:4g									
22:5 n-3 (DPA)g									
22:6 n-3 (DHA)g									
Fatty acids, total transg Cholesterolmg	0		1		4	0	0		
Phytosterolsmg	·		_		-	·	·		
Amino Acids:									
Tryptophang	0.00	00	0		1	0.000	0.000		
Threonineg	0.00		0		1	0.001	0.000		
Isoleucineg	0.00		0		1	0.001	0.000		
Leucine	0.00		0		1	0.004	0.001		
Lysine	0.00		0		1	0.001 0.001	0.000 0.000		
Cystineg	0.00		0		1	0.001	0.000		
Phenylalanineg	0.00)2	0		1	0.002	0.000		
Tyrosineg	0.00		0		1	0.001	0.000		
Valineg	0.00		0 0		1	0.002 0.002	0.000		
Arginine	0.00		0		1	0.002	0.000 0.000		
Alanineg	0.00		0		1	0.003	0.001		
Aspartic acidg	0.00		0		1	0.003	0.001		
Glutamic acidg	0.00		0		1	0.006	0.002		
Glycine	0.00		0		1	0.001 0.003	0.000 0.001		
Serineg	0.00		0		1	0.003	0.001		
Hydroxyprolineg									
Others:									
Alcohol, ethylg									
Caffeinemg	0		0	Z	7	0	0		

Puddings, banana, dry mix, regular

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Carbohydrate 3.9 Calories Factors: Protein 3.5 **Fat** 8.4

Food Group: 19 Sweets

NDB No. 19122 Puddings, banana, dry mix, regular, prepared with 2% milk

Refuse:0%

		Am	ount in 10	<u>u gram s</u>	ot edi	ole portio	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	od_
						Source	Confidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nati lents and On	11.5	Mean	Old. E101	-				Wedsure 1	Micasure 2	Weasure
Proximates:										
Water	g	75.9	0	0	RP	4		107.77		
Energy	kcal	101		0	RP	4		143		
Energy	kJ	422		0	RP	4		600		
Protein	g	2.9	0	0	RP	4		4.11		
Total lipid (fat)	g	1.7	3	0	RP	4		2.46		
Ash		1.0	3	0	RP	4		1.46		
Carbohydrate, by difference	g	18.4	3	0	RP	4		26.18		
Fiber, total dietary	g	0.0		0	RP	4		0.1		
Sugars, total	g									
Starch	g									
Inerals:										
Calcium, Ca	ma	109		0	RP	4		155		
Iron, Fe	-	0.0	5	0	RP RP	4		0.07		
Magnesium, Mg		13	,	0	RP	4		19		
Phosphorus, P		83		0	RP	4		119		
Potassium, K		137		0	RP	4		194		
Sodium, Na	-	164		0	RP	4		233		
Zinc, Zn		0.3	5	0	RP	4		0.50		
Copper, Cu	-	0.0		0	RP	4		0.014		
Manganese, Mn		0.0		0	RP	4		0.005		
Selenium, Se	-	2.1		0	RP	4		2.9		
7*4 *										
/itamins:										
Vitamin C, total ascorbic acid	-	0.7		0	RP	4		1.0		
Thiamin		0.0		0	RP	4		0.043		
Riboflavin	-	0.1		0	RP	4		0.204		
Niacin	-	0.0		0	RP	4		0.106		
Pantothenic acid	-	0.2		0	RP	4		0.395		
Vitamin B-6	-	0.0	34	0	RP	4		0.048		
Folate, total		4		0	RP RP	4 4		5 0		
Folic acid		4		0	RP	4		5		
Folate, food		4		0	NC	4		5		
Folate, DFE		4		U	NC	4		5		
Choline, total										
BetaineVitamin B-12	-	0.2	5	0	RP	4		0.36		
Vitamin A, RAE		50	3	0	NC	4		71		
Retinol		49		0	RP	4		70		
Carotene, beta		10		0	0	4		15		
		10		U	O	-		13		
Carotene, alpha Cryptoxanthin, beta										
Vitamin A, IU		178		0	RP	4		253		
Lycopene				•		-		200		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.9		0	RP	4		1.2		
Vitamin D		35		0	RP	4		49		
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
	-									

	<u>A</u> 1	nount	in 100 gram	s of edi	ble porti	<u>on</u>	Amount in e	dible portion	of common
			Num be	-				easures of foo	•
					Source	Confidence			<u> </u>
Nutrients and Units	Mean	C+4	Or Date			Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Weari	Siu.	E101 1 0	oouc	Jour	Oode	weasure i	Measure 2	weasure 3
Fatty acids, total saturated	~)15	0	RP	4		1.442		
4:0	•)54	0	RP	4		0.077		
6:0	•	32	0	RP RP	4 4		0.046 0.026		
8:0 10:0	-)18)42	0	RP RP	4		0.026		
12:0	=)47	0	RP	4		0.059		
13:0	-	, . ,	ŭ		-		0.007		
14:0	•	L68	0	RP	4		0.238		
15:0	g								
16:0	g 0.	152	0	RP	4		0.641		
17:0	g								
18:0	•	203	0	RP	4		0.288		
20:0	•								
22:0	=								
24:0	=	160	•		4		0.656		
Fatty acids, total monounsaturated	•	162	0	RP	4		0.656		
15:1	-								
16:1 undifferentiated	-	37	0	RP	4		0.053		
17:1			•		-		01000		
18:1 undifferentiated		125	0	RP	4		0.603		
20:1		000	0	RP	4		0.000		
22:1 undifferentiated	g 0.	000	0	RP	4		0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	•	88	0	RP	4		0.125		
18:2 undifferentiated	-	062	0	RP	4		0.088		
18:3 undifferentiated	•	026	0	RP	4		0.037		
18:4	=	000	0	RP	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiated			•						
20:4 undifferentiated		000	0	RP RP	4 4		0.000		
20:5 n-3 (EPA)	=	000	U	RP	4		0.000		
21:5 22:4	=								
22:5 n-3 (DPA)	=	000	0	RP	4		0.000		
22:6 n-3 (DHA)	•	000	0	RP	4		0.000		
Fatty acids, total trans	•		_		_		0.000		
Cholesterol	•		0	RP	4		9		
Phytosterols	•								
•									
Amino Acids:	α 0	041	0	RP	4		0.058		
Tryptophan Threonine	.5	L31	0	RP	4		0.038		
Isoleucine		L75	0	RP	4		0.248		
Leucine	•	284	0	RP	4		0.404		
Lysine	.0	230	0	RP	4		0.326		
Methionine	•	73	0	RP	4		0.104		
Cystine	•	27	0	RP	4		0.039		
Phenylalanine	•	L40	0	RP	4		0.199		
Tyrosine		L 4 0	0	RP	4		0.199		
Valine	.g 0.:	L94	0	RP	4		0.276		
Arginine	g 0.:	L06	0	RP	4		0.150		
Histidine	g 0.	78	0	RP	4		0.111		
Alanine	.g 0.:	L00	0	RP	4		0.143		
Aspartic acid	•	221	0	RP	4		0.313		
Glutamic acid	g 0.	507	0	RP	4		0.862		
Glycine	o .	061	0	RP	4		0.087		
Proline	•	281	0	RP	4		0.400		
Serine	•	L58	0	RP	4		0.224		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.)	0	RP	4		0.0		
Caffeine	-		0	RP	4		0		
Theobromine	mg 0		0	RP	4		0		

Puddings, banana, dry mix, regular, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: .5 cup From 19211

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

its	Mean		Number					dible portion e easures of foo	
	Mean					measures of food			
	Mean	04-1		Deriv	Source C	Confidence			
		Sta. Error	Points			Code	Measure 1	Measure 2	Measure 3
g	74.96	;	0	RP	4		95.20		
kcal	111		0	NC	4		141		
kJ	463		0	NC	4		588		
g	2.74	Ŀ	0	RP	4		3.48		
g	2.89)	0	RP	4		3.67		
g	0.97	'	0	RP	4		1.23		
g		Ŀ	0	NC	4				
g	0.0		0	RP			0.1		
g	15.98	3	0	RP	4		20.29		
g									
g									
g									
g									
g									
g									
g									
ma	101		0	חח	4		120		
-		i							
		1	-						
			-						
			-						
			0						
		<u> </u>	0	RP	4				
			0	RP	4				
			0	RP	4		0.007		
µg	3.3		0	RP	4		4.2		
ma	0.0		0	חח	4		0 0		
-		16							
-			-						
_			-						
-			-						
•			-						
_									
			0						
	4		0	RP	4		5		
	4		0		4				
	11.2		0	RP	4				
	0.5		0	RP	4		0.7		
	0.31	_	0	RP	4		0.40		
	0.00)	0	RP	4		0.00		
	40		0	NC	4		51		
µg	39		0	RP	4		50		
µg	6		0	RP	4		7		
µg	0		0	RP	4		0		
	0		0	RP	4		0		
JU	141		0	NC	4		179		
µg	0		0	RP	4		0		
µg	0		0	RP	4		0		
mg	0.06	;	0	RP	4		0.08		
mg	0.00)	0	RP	4		0.00		
mg	0.00)	0	RP	4		0.00		
mg	0.00)	0	RP	4		0.00		
mg	0.00)	0	RP	4		0.00		
mg	0.00)	0	RP	4		0.00		
	# # # # # # # # # # # # # # # # # # #	g 2.74 g 2.85 g 0.97 g 18.44 g 0.00 g 15.98 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 9		g 2.74 0 g 2.89 0 g 0.97 0 g 18.44 0 g 0.0 0 g 0.0 0 g 9 9 g 0 0 mg 0.04 0 mg 0.04		g 2.74 0 RP 4 g 2.89 0 RP 4 g 0.97 0 RP 4 g 18.44 0 NC 4 g 0.0 0 RP 4 g 15.98 0 RP 4 g 9 9 9 9 g 9 9 9 9 9 g 9 9 9 9 9 g 9 9 9 9 9 g 9 </td <td>g 2.74 0 RP 4 g 0.97 0 RP 4 g 18.44 0 NC 4 g 0.0 0 RP 4 g 15.98 0 RP 4 g 9 9 9 9 g 9 9 9 9 g 9 9 9 9 g 9 9 9 9 9 g 9</td> <td>g 2.74 0 RP 4 3.48 g 2.89 0 RP 4 3.67 g 0.97 0 RP 4 1.23 g 18.44 0 NC 4 23.42 g 0.0 0 RP 4 0.1 g 15.98 0 RP 4 0.1 g 9 9 9 9 9 g 9 9 9 4 0.05 mg 0.04 0 RP 4 0.05 mg 10 0 RP 4 0.05 mg 118 0 RP 4 0.43 mg 1.04 0 RP</td> <td></td>	g 2.74 0 RP 4 g 0.97 0 RP 4 g 18.44 0 NC 4 g 0.0 0 RP 4 g 15.98 0 RP 4 g 9 9 9 9 g 9 9 9 9 g 9 9 9 9 g 9 9 9 9 9 g 9	g 2.74 0 RP 4 3.48 g 2.89 0 RP 4 3.67 g 0.97 0 RP 4 1.23 g 18.44 0 NC 4 23.42 g 0.0 0 RP 4 0.1 g 15.98 0 RP 4 0.1 g 9 9 9 9 9 g 9 9 9 4 0.05 mg 0.04 0 RP 4 0.05 mg 10 0 RP 4 0.05 mg 118 0 RP 4 0.43 mg 1.04 0 RP	

	<u>Aı</u>	nount in 10	0 gram s	of edil	ble portion		Amount in e	dible portion o	of common
			Number					easures of foo	
				Deriv	Source Co	nfidence			_
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.	00	0	RP	4		0.00		
Tocotrienol, delta		00	0	RP	4		0.00		
Vitamin D (D2 + D3)		L	0	AS	1		1.4		
Vitamin D2 (ergocalciferol)					_				
Vitamin D3 (cholecalciferol) Vitamin D		L	0	RP RP	4 4		1.4 56		
Vitamin D Vitamin K (phylloquinone)		2	0	RP RP	4		0.3		
Dihydrophylloquinone			0	RP	4		0.0		
Menaquinone-4	1.0		0	RP	4		1.0		
Lipids:									
Fatty acids, total saturated	a 1.	534	0	RP	4		2.075		
4:0		065	0	RP	4		0.082		
6:0	-	065	0	RP	4		0.082		
8:0	g 0.	065	0	RP	4		0.082		
10:0	-	065	0	RP	4		0.082		
12:0	•	067	0	RP	4		0.085		
13:0	•	000	0	RP	4		0.000		
14:0	•	258	0	RP	4		0.328		
15:0 16:0	=	000 733	0	RP RP	4		0.000 0.931		
17:0	9	000	0	RP	4		0.000		
18:0.	-	317	0	RP	4		0.403		
20:0	•	000	0	RP	4		0.000		
22:0	g 0.	000	0	RP	4		0.000		
24:0	g 0.	000	0	RP	4		0.000		
Fatty acids, total monounsaturated	g 0.	711	0	RP	4		0.903		
14:1		000	0	RP	4		0.000		
15:1			0		4				
16:1 undifferentiated		000	U	RP	4		0.000		
18:1 undifferentiated		711	0	RP	4		0.903		
20:1	.5	000	0	RP	4		0.000		
22:1 undifferentiated	-	000	0	RP	4		0.000		
24:1 c	g								
Fatty acids, total polyunsaturated		195	0	RP	4		0.248		
18:2 undifferentiated	-	L29	0	RP	4		0.164		
18:3 undifferentiated	•	066 000	0	RP RP	4 4		0.084		
20:2 n-6 c,c	•	500	U	RP	4		0.000		
20:3 undifferentiated	=								
20:4 undifferentiated		000	0	RP	4		0.000		
20:5 n-3 (EPA)	g 0.	000	0	RP	4		0.000		
21:5	g								
22:4	=								
22:5 n-3 (DPA)	· ·	000	0	RP	4		0.000		
22:6 n-3 (DHA)	•	000	0	RP	4		0.000		
Fatty acids, total trans Cholesterol			0	RP	4		11		
Phytosterols			0	Z	7		0		
Amino Acids:									
Tryptophan	g 0.	064	0	RP	4		0.081		
Threonine	g 0.:	L22	0	RP	4		0.155		
Isoleucine	•	L41	0	RP	4		0.179		
Leucine	.0	227	0	RP	4		0.288		
Lysine	.0	120	0	RP	4		0.152		
Methionine	•	064	0	RP RP	4		0.081 0.018		
CystinePhenylalanine	•	014 L25	0	RP RP	4		0.018		
Tyrosine	.0	129	0	RP	4		0.164		
Valine	•	L64	0	RP	4		0.208		
Arginine	•	064	0	RP	4		0.081		
Histidine	g 0.	064	0	RP	4		0.081		
Alanine	.g 0.	088	0	RP	4		0.112		

	Amount in	100 grams	Amount in edible portion of common					
			Deriv		Confidence	<u>m</u> .	easures of fo	<u>od</u>
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Aspartic acidg	0.202	0	RP	4		0.257		
Glutamic acidg	0.553	0	RP	4		0.702		
Glycineg	0.064	0	RP	4		0.081		
Prolineg	0.291	0	RP	4		0.370		
Serineg	0.091	0	RP	4		0.116		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	RP	4		0.0		
Caffeinemg	0	0	RP	4		0		
Theobrominemg	0	0	RP	4		0		

Common Measures:

Measure 1 = 127g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

Lipids:

		<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
			Numbei	measures of food						
						Source Co	nfidonco			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		4.10	0.1	L00 6		1		3.61	0.90	
Energy	kcal	387		0	NC	4		341	85	
Energy	kJ	1619				4		1425	356	
Protein (N x 6.2)	g	0.00	ס	0		4		0.00	0.00	
Total lipid (fat)	g	5.00	ס	0		1		4.40	1.10	
Ash	g	2.50	0.0	79 6		1		2.20	0.55	
Carbohydrate, by difference	g	88.40)	0		4		77.79	19.45	
Fiber, total dietary	g	0.3		0	BFZN	4		0.3	0.1	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	_	20		1		4		18	4	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	5	1		4		0.04	0.01	
Magnesium, Mg		8		1		4		7	2	
Phosphorus, P		5		1		4		4	1	
Potassium, K	_	17		0		4		15	4	
Sodium, Na	_	788		0		4		693	173	
Zinc, Zn	_	0.09		1		4		0.08	0.02	
Copper, Cu		0.02		1		4		0.018	0.004	
Manganese, Mn		0.0	13	1		4		0.011	0.003	
Selenium, Se	µg	0.9		0	RA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		1		4		0.0	0.0	
Thiamin	_	0.00	00	1		4		0.000	0.000	
Riboflavin		0.00	00	1		4		0.000	0.000	
Niacin	_	0.00	00	1		4		0.000	0.000	
Pantothenic acid	_	0.00	00	1		4		0.000	0.000	
Vitamin B-6		0.00		1		4		0.000	0.000	
Folate, total	_	0		1		4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total										
Betaine										
Vitamin B-12	_	0.00)	1		4		0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta		-		-				-	-	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	1. 7									
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u>An</u>	ount in 10	0 gram s	Amount in	Amount in edible portion of common					
		Num ber					measures of food			
Nutrients and Units	Mean	Std. Error			Source Confider Code Code		Measure 2	Measure 3		
Fatty acids, total saturatedg	0.9	00	0		1	0.792	0.198			
4:0g 6:0g										
8:0g										
10:0g										
12:0g										
13:0g 14:0g										
15:0g										
16:0g	0.7	00	0		1	0.616	0.154			
17:0g										
18:0g	0.1	80	0		1	0.158	0.040			
20:0g 22:0g										
24:0g										
Fatty acids, total monounsaturatedg	1.4	80	0		1	1.302	0.326			
14:1g										
15:1g										
16:1 undifferentiated										
18:1 undifferentiatedg	1.4	70	0		1	1.294	0.323			
20:1g										
22:1 undifferentiatedg										
24:1 cg	0.4	1.0	•			0.101	0 530			
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	2.4		0		1	2.121 1.998	0.530 0.499			
18:3 undifferentiated	0.1		0		1	0.123	0.433			
18:4g										
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiated										
20:5 n-3 (EPA)										
22:4g										
22:5 n-3 (DPA)g										
22:6 n-3 (DHA)g										
Fatty acids, total trans	0		1		4	0	0			
Phytosterols mg	U		1		4	U	U			
•										
Amino Acids: Tryptophang	0.0	00	0		1	0.000	0.000			
Threonineg	0.0		0		1	0.001	0.000			
Isoleucineg	0.0		0		1	0.001	0.000			
Leucineg	0.0	05	0		1	0.004	0.001			
Lysineg	0.0		0		1	0.001	0.000			
Methionineg	0.0		0		1	0.001	0.000			
Cystineg Phenylalanineg	0.0		0		1	0.001 0.002	0.000 0.000			
Tyrosineg	0.0		0		1	0.001	0.000			
Valineg	0.0		0		1	0.002	0.000			
Arginineg	0.0	02	0		1	0.002	0.000			
Histidineg	0.0		0		1	0.001	0.000			
Alanineg	0.0		0		1	0.003 0.003	0.001			
Aspartic acid	0.0		0		1	0.003	0.001 0.002			
Glycineg	0.0		0		1	0.001	0.000			
Prolineg	0.0		0		1	0.003	0.001			
Serineg	0.0	02	0		1	0.002	0.000			
Hydroxyprolineg										
Others:										
Alcohol, ethylg					_	_				
Caffeinemg	0		0	z z	7	0	0 0			
Theobrominemg	U		U	Z	7	U	U			

Puddings, banana, dry mix, regular, with added oil

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

Refuse:0%

		All	ount in 10	Amount in edible portion of common						
				Number	measures of food					
						Source	Confidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nati lents and on		Mean	ota. E i oi					Wedsure 1	WCasarc 2	Weasure
Proximates:										
Water	g	4.2	0	0		4		0.42	1.68	
Energy	kcal	356		0	NC	4		35	142	
Energy	kJ	1488		0	NC	4		147	595	
Protein (N x 6.25)	g	5.3	0	0		4		0.52	2.12	
Total lipid (fat)	g	2.4	0	0	FLM	4		0.24	0.96	
Ash	_	9.9	0	0	MC	9		0.98	3.96	
Carbohydrate, by difference	-	78.2	0	0	NC	4		7.74	31.28	
Fiber, total dietary		6.1		0	FLM	4		0.6	2.5	
Sugars, total		0.7		0	FLM	4		0.07	0.28	
Starch									***	
Surcin	9									
Minerals:										
Calcium, Ca	-	126		0	MC	9		12	50	
Iron, Fe		3.1	1	0	FLM	4		0.31	1.24	
Magnesium, Mg		89		0	FLM	4		9	36	
Phosphorus, P		1660		0		4		164	664	
Potassium, K	_	1279		0		4		127	512	
Sodium, Na	_	2838		0		4		281	1135	
Zinc, Zn	_	0.4		0		4		0.04	0.16	
Copper, Cu		0.8		0		4		0.083	0.335	
Manganese, Mn		0.7		0	FLM	4		0.070	0.281	
Selenium, Se	µg	3.9		0	BFPN	4		0.4	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	0.0	20	0		4		0.002	0.008	
Riboflavin		0.0		0		4		0.009	0.036	
Niacin	_	0.4		0		4		0.040	0.160	
Pantothenic acid	_	0.0		0	FLM	4		0.005	0.022	
Vitamin B-6	-	0.0		0		4		0.004	0.016	
Folate, total	_	6		0	FLM	4		1	2	
Folic acid		0		0	FLM	4		0	0	
Folate, food		6		0	FLM	4		1	2	
Folate, DFE		6		0	NC	4		1	2	
Choline, total		3.3		0	0	4		0.3	1.3	
Betaine	_									
Vitamin B-12	_	0.0	1	0	FLM	4		0.00	0.00	
Vitamin B-12, added		0.0		0	FLM	4		0.00	0.00	
Vitamin A, RAE		0		0	FLM	4		0	0	
Retinol		0		0	FLM	4		0	0	
Carotene, beta		0		0	FLM	4		0	0	
Carotene, alpha		0		0	FLM	4		0	0	
Cryptoxanthin, beta		0		0	FLM	4		0	0	
Vitamin A, IU		0		0	FLM	4		0	0	
Lycopene		0		0	FLM	4		0	0	
Lutein + zeaxanthin		7		0	FLM	4		1	3	
Vitamin E (alpha-tocopherol)		0.0	2	0	FLM	4		0.00	0.01	
Vitamin E, added		0.0		0	FLM	4		0.00	0.00	
Tocopherol, beta			-	•		-				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	_									
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0	
Vitamin K (phylloquinone)		0.4		0	FLM	4		0.0	0.2	
Dihydrophylloquinone				-				- 7 -		
Menaquinone-4										

	Amo	unt in 10		Amount in edible portion of common measures of food					
			Number					casares or roc	<u>.u</u>
Nutrients and Units	Mean S	Std. Error			Source Code	onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.984	ı	0	FLM	4		0.097	0.394	
4:0g	0.000	1	0	FLM	4		0.000	0.000	
6:0g	0.000		0	FLM	4		0.000	0.000	
8:0g	0.000	1	0	FLM	4		0.000	0.000	
10:0g	0.000	1	0	FLM	4		0.000	0.000	
12:0g	0.000	1	0	FLM	4		0.000	0.000	
13:0g									
14:0g	0.003		0	FLM	4		0.000	0.001	
15:0g									
16:0g	0.459	1	0	FLM	4		0.045	0.183	
17:0g									
18:0g	0.523		0	FLM	4		0.052	0.209	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.154	:	0	FLM	4		0.114	0.462	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	1.154		0	FLM	4		0.114	0.461	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.131		0	FLM	4		0.013	0.053	
18:2 undifferentiatedg	0.131		0	FLM	4		0.013	0.053	
18:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		0	FLM	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	1	0	FLM	4		0.000	0.000	
Fatty acids, total transg	_								
Cholesterolmg	0		0	FLM	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	
Caffeinemg	14		0	FLM	4		1	6	
Theobrominemg	473		0	FLM	4		47	189	

Common Measures:

Measure 1 = 9.9g: 1 serving

Measure 2 = 40g: 1 package 1.4 oz box, 4 servings

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		All	ount in 10	Amount in edible portion of common						
				measures of food						
				Number of Data		Source	Confidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nati lents and on		Wear	ota. E i oi					Wedsure 1	WCasarc 2	Measure
Proximates:										
Water	g	6.8	0	0	FLM	4		0.67	2.72	
Energy	kcal	365		0	NC	4		36	146	
Energy	kJ	1527		0	NC	4		151	611	
Protein (N x 6.25)	g	10.0	8	1	LC	8		1.00	4.03	
Total lipid (fat)		3.0	0	0	FLM	4		0.30	1.20	
Ash		5.7	0	0	NR	4		0.56	2.28	
Carbohydrate, by difference	-	74.4	2	0	NC	4		7.37	29.77	
Fiber, total dietary		10.1		1	LC	8		1.0	4.0	
Sugars, total		0.7	0	0	FLM	4		0.07	0.28	
Starch									***	
Minerals:										
Calcium, Ca	-	50		0	LC	8		5	20	
Iron, Fe		3.8	7	0	FLM	4		0.38	1.55	
Magnesium, Mg	mg	110		0	FLM	4		11	44	
Phosphorus, P		174		0	FLM	4		17	70	
Potassium, K	-	570		0	FLM	4		56	228	
Sodium, Na	-	3326		1	LC	8		329	1330	
Zinc, Zn	•	1.4		0	FLM	4		0.15	0.60	
Copper, Cu		0.8		0	FLM	4		0.085	0.341	
Manganese, Mn		0.8		0	FLM	4		0.088	0.355	
Selenium, Se	µg	5.1		0	FLM	4		0.5	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	FLM	4		0.0	0.0	
Thiamin	-	0.0		0	FLM	4		0.002	0.010	
Riboflavin		0.1		0	FLM	4		0.010	0.042	
Niacin	-	0.5		0	FLM	4		0.054	0.218	
Pantothenic acid	-	0.0		0	FLM	4		0.006	0.023	
Vitamin B-6	-	0.0		0	FLM	4		0.003	0.011	
Folate, total	-	0		0		4		0	0	
Folic acid		0		0	FLM	4		0	0	
Folate, food		0		0	BFSN	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total		3.3		0	0	4		0.3	1.3	
Betaine	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-12		0.0	0	0	FLM	4		0.00	0.00	
Vitamin B-12, added		0.0		0	FLM	4		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	BFSN	4		0	0	
Carotene, beta		0		0	NR	4		0	0	
Carotene, alpha		0		0	BFSN	4		0	0	
Cryptoxanthin, beta		0		0	BFSN	4		0	0	
Vitamin A, IU		0		0	0	4		0	0	
Lycopene		0		0	BFSN	4		0	0	
Lutein + zeaxanthin		9		0	BFSN	4		1	3	
Vitamin E (alpha-tocopherol)		0.0	2	0	FLM	4		0.00	0.01	
Vitamin E, added		0.0		0	FLM	4		0.00	0.00	
Tocopherol, beta			-	•		-				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0	
Vitamin K (phylloquinone)		0.5	i	0	FLM	4		0.1	0.2	
Dihydrophylloquinone				-		-				
Menaquinone-4										

	<u>Am o</u>	unt in 10		Amount in edible portion of common measures of food					
			Number				_	casares or roc	<u>, u</u>
Nutrients and Units	Mean S	itd. Error				onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	1.578		0	FLM	4		0.156	0.631	
4:0g	0.000		0	FLM	4		0.000	0.000	
6:0g	0.000		0	FLM	4		0.000	0.000	
8:0g	0.000		0	FLM	4		0.000	0.000	
10:0g	0.000		0	FLM	4		0.000	0.000	
12:0g	0.000		0	FLM	4		0.000	0.000	
13:0g									
14:0g	0.004		0	FLM	4		0.000	0.002	
15:0g									
16:0g	0.735		0	FLM	4		0.073	0.294	
17:0g									
18:0g	0.839		0	FLM	4		0.083	0.335	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.150		0	FLM	4		0.114	0.460	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	1.150		0	FLM	4		0.114	0.460	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.130		0	FLM	4 4		0.013	0.052	
18:2 undifferentiated	0.130		0	FLM	-		0.013	0.052	
18:3 undifferentiated	0.000		0	FLM	4		0.000	0.000	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		0	FLM	4		0.000		
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	0.000		U	FLIM	4		0.000	0.000	
21:5g 22:4g									
	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg	0.000		J	E LIM	-		0.000	0.000	
Cholesterolg	0		0	FLM	4		0	0	
Phytosterolsmg	v		3	ELM	*		J	v	
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	
Caffeineg	18		0	FLM	4		2	7	
	596		0	FLM	4		2 59	238	
Theobrominemg	596		U	r.PW	4		צכ	∠ 36	

Common Measures:

Measure 1 = 9.9g: 1 serving Measure 2 = 40g: 1 package

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am our</u>	nt in 100 gram	Amount in edible portion of common				
			Num be		easures of fo			
					Source Confidence			
Mutalanta and Ul		Mass Of	or Data I. Error Points				Magazza	Maga
Nutrients and Ur	nits	Mean Sto	I. Error Folitis	Coue	Code Code	Measure 1	Measure 2	Measure :
Proximates:								
Water		3.20	0.067 8		1	3.17	0.80	
Energy	kcal	378	0	NC	4	374	94	
Energy	kJ	1581	0	NC	4	1565	395	
Protein (N x 6.25)	g	2.30	0.122 8		1	2.28	0.58	
Total lipid (fat)	g	1.90	0.117 8		1	1.88	0.48	
Ash	g	4.70	0.025 8		1	4.65	1.18	
Carbohydrate, by difference	g	87.90	0	0	4	87.02	21.98	
Fiber, total dietary	g	3.6	1	LC	8	3.5	0.9	
Sugars, total	g	67.86	1	LC	8	67.18	16.96	
Starch	g							
Minerals:						4.0	•	
Calcium, Ca	-	12	0	FLC	4	12	3	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.29	1	LC	8	1.27	0.32	
Magnesium, Mg		45 72	0	FLC	4 4	45 72	11 18	
Phosphorus, P		72 236	10.534 17	FLC	4 1	72 234	18 59	
Potassium, K	-	236 1771	10.534 17	LC	8	234 1753	443	
Zinc, Zn	-	0.62	0	FLC	4	0.61	0.15	
Copper, Cu		0.354	0	FLC	4	0.350	0.088	
Manganese, Mn		0.367	0	FLC	4	0.364	0.092	
Selenium, Se	_	2.5	0	FLC	4	2.5	0.6	
*			·		-	2.0		
Vitamins:			_					
Vitamin C, total ascorbic acid	_	0.0	0	FLC	4	0.0	0.0	
Thiamin	_	0.010	0	FLC	4	0.010	0.003	
Riboflavin	_	0.055	0	FLC	4 4	0.054 0.232	0.014	
Niacin	_	0.234 0.025	0	FLC FLC	4	0.232	0.058 0.006	
Pantothenic acid Vitamin B-6		0.025	0	FLC	4	0.024	0.008	
Folate, total	_	3	0	FLC	4	3	1	
Folic acid		0	0	FLC	4	0	0	
Folate, food		3	0	FLC	4	3	1	
Folate, DFE		3	0	NC	4	3	1	
Choline, total		3.4	0	FLC	4	3.3	0.8	
Betaine			•		-	3.5	0.0	
Vitamin B-12		0.00	0	FLC	4	0.00	0.00	
Vitamin B-12, added		0.00	0	FLC	4	0.00	0.00	
Vitamin A, RAE		0	0	NC	4	0	0	
Retinol		0	0	FLC	4	0	0	
Carotene, beta		0	0	FLC	4	0	0	
Carotene, alpha		0	0	FLC	4	0	0	
Cryptoxanthin, beta	µg	0	0	FLC	4	0	0	
Vitamin A, IU		0	0	FLC	4	0	0	
Lycopene	µg	0	0	FLC	4	0	0	
Lutein + zeaxanthin	µg	4	0	FLC	4	3	1	
Vitamin E (alpha-tocopherol)	mg	0.07	0	FLC	4	0.07	0.02	
Vitamin E, added	mg	0.00	0	FLC	4	0.00	0.00	
Tocopherol, beta								
Tocopherol, gamma	-							
Tocopherol, delta	_							
Tocotrienol, alpha								
Tocotrienol, beta	_							
Tocotrienol, gamma								
Tocotrienol, delta		• •	_	_				
Vitamin D (D2 + D3)		0.0	0	Z	7	0.0	0.0	
Vitamin D		0	0	Z	7	0	0	
Vitamin K (phylloquinone)		1.5	0	FLC	4	1.5	0.4	
Dihydrophylloquinone								
Menaquinone-4	µg							

		<u>An</u>	ount	in 10	0 grams	of edil	ble portio	<u>n</u>		dible portion	
					Number				<u>m</u>	easures of foc	<u>od</u>
					of Data	Deriv	Source C	Confidence			
N utrients and U nits		Mean	Std.	Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated	g	0.8	25		0	FLC	4		0.817	0.206	
4:0	g	0.0	00		0	FLC	4		0.000	0.000	
6:0	g	0.0	00		0	FLC	4		0.000	0.000	
8:0	g	0.0	00		0	FLC	4		0.000	0.000	
10:0	g	0.0	00		0	FLC	4		0.000	0.000	
12:0	g	0.0	00		0	FLC	4		0.000	0.000	
13:0	g										
14:0	g	0.0	03		0	FLC	4		0.003	0.001	
15:0	g										
16:0	g	0.4	13		0	FLC	4		0.409	0.103	
17:0	g										
18:0	g	0.4	00		0	FLC	4		0.396	0.100	
20:0	g										
22:0	g										
24:0	g										
Fatty acids, total monounsaturated	g	0.4	87		0	FLC	4		0.482	0.122	
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.0	03		0	FLC	4		0.003	0.001	
17:1											
18:1 undifferentiated		0.4	85		0	FLC	4		0.480	0.121	
20:1	g	0.0	00		0	FLC	4		0.000	0.000	
22:1 undifferentiated	g	0.0	00		0	FLC	4		0.000	0.000	
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.3	48		0	FLC	4		0.345	0.087	
18:2 undifferentiated	g	0.3	14		0	FLC	4		0.311	0.078	
18:3 undifferentiated	g	0.0	34		0	FLC	4		0.034	0.009	
18:4	g	0.0	00		0	FLC	4		0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.0	00		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)	g	0.0	00		0	FLC	4		0.000	0.000	
21:5	g										
22:4	g										
22:5 n-3 (DPA)	g	0.0	00		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)	g	0.0	00		0	FLC	4		0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	0			0	FLC	4		0	0	
Phytosterols	mg										
Others:	_				_		,				
Alcohol, ethyl	-	0.0			0	FLC	4		0.0	0.0	
Caffeine		7			0	FLC	4		7	2	
Theobromine	mg	245			0	FLC	4		243	61	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

NDB No. 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk

Refuse:0%

		Am	ount in 10	u gram s	or edil	oie porti	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	od
						Source	Confidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nutrients and on	11.5	Wean	3tu. 🗀 101		0000			Weasure i	Weasure 2	Weasure
Proximates:										
Water	g	74.5	9	0	RPA	1		105.92		
Energy	kcal	105		0	RPI	6		150		
Energy	kJ	441		0	RPI	6		626		
Protein	g	3.1	5	0	RPA	1		4.48		
Total lipid (fat)	g	1.9	2	0	RPA	1		2.72		
Ash	g	1.4	1	0	RPA	1		2.01		
Carbohydrate, by difference	g	18.8	9	0	RPI	6		26.83		
Fiber, total dietary	g	0.4		0	RPI	6		0.6		
Sugars, total	g									
Starch	g									
<i>-</i>										
Minerals:						_				
Calcium, Ca		104	_	0	RPI	6		147		
Iron, Fe		0.4	0	0	RPI	6		0.57		
Magnesium, Mg		19		0	RPI	6		27		
Phosphorus, P		238		0	RPI	6		339		
Potassium, K		168		0	RPA	1		239		
Sodium, Na		284	2	0	RPA	1		404		
Zinc, Zn	-	0.4		0	RPI RPI	6 6		0.61 0.096		
Copper, Cu		0.0		0	RPI	6		0.096		
Selenium, Se	-	2.3		0	RPI	6		3.2		
Seienium, Se	µg	2.3		U	RPI	6		3.2		
<u> /itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6		1.1		
Thiamin	mg	0.0	34	0	RPI	6		0.048		
Riboflavin	mg	0.1	47	0	RPI	6		0.209		
Niacin	mg	0.1	80	0	RPI	6		0.154		
Pantothenic acid	-	0.2	74	0	RPI	6		0.389		
Vitamin B-6	mg	0.0	38	0	RPI	6		0.054		
Folate, total	µg	5		0	RPI	6		7		
Folic acid	µg	0		0	RPI	6		0		
Folate, food		5		0	RPI	6		7		
Folate, DFE		5		0	NC	4		7		
Choline, total										
Betaine	-									
Vitamin B-12		0.3	1	0	RPI	6		0.44		
Vitamin A, RAE		46		0	NC	4		66		
Retinol		46		0	RPA	1		65		
Carotene, beta		10		0	0	4		14		
Carotene, alpha										
Cryptoxanthin, beta		1-0				_		0.40		
Vitamin A, IU		170		0	RPI	6		242		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.8		0	RPI	6		1.2		
Vitamin D (D2 + D3)		33		0	RPI	6		1.2 47		
Vitamin D		33		U	KPI	O		4/		
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>A</u>	mount in 1	00 grams Number		ble porti	<u>ion</u>		dible portion o	
Nutrients and Units	Mean	Std. Erro			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fa Harland	a 1	0.64	0	DD3	3		1 511		
Fatty acids, total saturated	•	064 051	0	RPA RPA	1 1		1.511 0.073		
6:0	-	031	0	RPA	1		0.044		
8:0	•	017	0	RPA	1		0.025		
10:0		040	0	RPA	1		0.057		
12:0	g 0.	045	0	RPA	1		0.064		
13:0	-								
14:0	=	160	0	RPA	1		0.227		
15:0	-	472	0	RPA	1		0.680		
16:0 17:0	3	4/2	U	RPA	_		0.670		
18:0	•	248	0	RPA	1		0.352		
20:0	•	- 10	ŭ		-		0.332		
22:0	-								
24:0	g								
Fatty acids, total monounsaturated		561	0	RPA	1		0.796		
14:1	•								
15:1	-				_				
16:1 undifferentiated	•	037	0	RPA	1		0.053		
17:1	-	523	0	RPA	1		0.743		
20:1	-	000	0	RPA	1		0.000		
22:1 undifferentiated	-	000	0	RPA	1		0.000		
24:1 c									
Fatty acids, total polyunsaturated	g 0.	132	0	RPA	1		0.187		
18:2 undifferentiated	g 0.	104	0	RPA	1		0.147		
18:3 undifferentiated	•	028	0	RPA	1		0.040		
18:4		000	0	RPA	1		0.000		
20:2 n-6 c,c									
20:3 undifferentiated 20:4 undifferentiated		000	0	RPA	1		0.000		
20:5 n-3 (EPA)		000	0	RPA	1		0.000		
21:5	-		•		-		0.000		
22:4	-								
22:5 n-3 (DPA)	g 0.	000	0	RPA	1		0.000		
22:6 n-3 (DHA)	•	000	0	RPA	1		0.000		
Fatty acids, total trans									
Cholesterol	•		0	RPI	6		9		
Phytosterols	mg								
Amino Acids:									
Tryptophan	•	044	0	RPA	1		0.063		
Threonine	•	139	0	RPA	1		0.198		
Isoleucine	•	182	0	RPA	1		0.258		
Leucine	•	295 239	0	RPA RPA	1 1		0.419 0.339		
Lysine Methionine	•	239 074	0	RPA	1		0.339		
Cystine	•	030	0	RPA	1		0.043		
Phenylalanine	•	151	0	RPA	1		0.215		
Tyrosine	•	148	0	RPA	1		0.210		
Valine		208	0	RPA	1		0.295		
Arginine	g 0.	121	0	RPA	1		0.172		
Histidine	•	082	0	RPA	1		0.116		
Alanine	•	112	0	RPA	1		0.160		
Aspartic acid	•	246	0	RPA	1		0.350		
Glutamic acidGlycine	-	636 074	0	RPA RPA	1 1		0.904 0.105		
Proline	•	286	0	RPA	1		0.406		
Serine	•	167	0	RPA	1		0.237		
Hydroxyproline	•								
Others:									
Alcohol, ethyl	g 0.	0	0	RPI	6		0.0		
Caffeine		-	0	RPI	6		2		
Theobromine	· ·		0	RPI	6		56		

Puddings, chocolate, dry mix, instant, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: .5 cup From 19211

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

NDB No. 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk

Refuse:0%

		Am	ount in 10	u gram s	ot edi	pie porti	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
				of Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	73.6	0	0		1		108.19	432.03		
Energy	kcal	111		0	NC	4		163	652		
Energy	kJ	464		0		4		683	2726		
Protein (N x 0)	g	3.1	0	0		1		4.56	18.20		
Total lipid (fat)	g	3.1	0	0		1		4.56	18.20		
Ash	g	1.4	0	0		1		2.06	8.22		
Carbohydrate, by difference	g	18.8	0	0	NC	4		27.64	110.36		
Fiber, total dietary		1.0		0		4		1.5	5.9		
Sugars, total											
Starch											
Minerals:	-										
Calcium, Ca	ma	102		0		1		150	599		
Iron, Fe	_	0.2	9	0		1		0.43	1.70		
Magnesium, Mg		18	-	0		1		26	106		
Phosphorus, P		239		0		1		351	1403		
Potassium, K		166		0		1		244	974		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	284		0		1		417	1667		
Zinc. Zn		0.4	2	0		1		0.62	2.47		
Copper, Cu	•	0.0		0		1		0.094	0.376		
Manganese, Mn		0.0		0		1		0.062	0.247		
Selenium, Se	_	1.7		309 12	A	1		2.5	10.0		
Vitamina											
<u>Vitamins:</u>	ma	0.9		0		1		1.3	5.3		
Vitamin C, total ascorbic acid	_	0.9	22	0		1		0.049			
Thiamin	_	0.0		0		1		0.049	0.194 0.828		
Riboflavin	_	0.0		0		1		0.141	0.564		
	_	0.0		0		1		0.395	1.579		
Pantothenic acid Vitamin B-6	_	0.2		0		1		0.056	0.223		
Folate, total	_	4	36	0		1		6	23		
Folic acid		0		0	0	4		0	0		
Folate, food		4		0	Ū	1		6	23		
Folate, DFE		4		0	NC	4		6	23		
Choline, total		-		U	NC	-		0	23		
Betaine	_										
Vitamin B-12	_	0.3	n	0		1		0.44	1.76		
Vitamin A. RAE		26		0	NC	4		38	153		
Retinol		24		0	0	4		35	141		
~ .		24		0	0	4		35	141		
Carotene, beta Carotene, alpha		21		·	Ū	-		33	111		
Cryptoxanthin, beta											
Vitamin A, IU		120		0	0	4		176	704		
Lycopene		120		·	Ŭ	•		170	701		
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
	µg										

	<u>A</u> 1	nount	in 100 gra	ms of	edible porti	<u>on</u>	Amount in e	dible portion	of common
			Misses					easures of foo	
			Numl		Caaa	O	<u></u>	0404100 01100	<u> </u>
					riv Source				
Nutrients and Units	Mean	Std.	Error Poir	its Co	de Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	•	330		0	1		2.690	10.742	
4:0	•	090		0	1		0.132	0.528	
6:0	.g 0.	050		0	1		0.074	0.294	
8:0	g 0.	030		0	1		0.044	0.176	
10:0	g 0.	070		0	1		0.103	0.411	
12:0	g 0.	080		0	1		0.118	0.470	
13:0	g								
14:0	g 0.:	290		0	1		0.426	1.702	
15:0	g								
16:0	g 0.	320		0	1		1.205	4.813	
17:0	g								
18:0	g 0.	110		0	1		0.603	2.407	
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	•	920		0	1		1.352	5.400	
14:1	g								
15:1	g								
16:1 undifferentiated	.g 0.	070		0	1		0.103	0.411	
17:1	g								
18:1 undifferentiated	.0	350		0	1		1.250	4.990	
20:1	g 0.	000		0	1		0.000	0.000	
22:1 undifferentiated	.g 0.	000		0	1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g 0.:	L80		0	1		0.265	1.057	
18:2 undifferentiated	.g 0.:	L30		0	1		0.191	0.763	
18:3 undifferentiated	.g 0.	050		0	1		0.074	0.294	
18:4	g 0.	000		0	1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	.g								
20:4 undifferentiated	.g 0.	000		0	1		0.000	0.000	
20:5 n-3 (EPA)	.g 0.	000		0	1		0.000	0.000	
21:5	g								
22:4	g								
22:5 n-3 (DPA)	g 0.	000		0	1		0.000	0.000	
22:6 n-3 (DHA)	.g	000		0	1		0.000	0.000	
Fatty acids, total trans	.g								
Cholesterol	mg 11			0	1		16	65	
Phytosterols	mg 0			0	1		0	0	
Amino Acids:									
	σ 0	042		0	-		0.062	0.045	
Tryptophan	.5				1 1			0.247	
Threonine		132		0			0.194	0.775	
Isoleucine	•	L73		0	1		0.254	1.016	
Leucine	.0	279		0	1		0.410	1.638	
Lysine	•	226		0	1		0.332	1.327	
Methionine	•	069		0	1		0.101	0.405	
Cystine	•	029		0	1		0.043	0.170	
Phenylalanine	•	L43		0	1		0.210	0.839	
Tyrosine	•	L40		0	1		0.206	0.822	
Valine	•	L97		0	1		0.290	1.156	
Arginine	•	L15		0	1		0.169	0.675	
Histidine	•	078		0	1		0.115	0.458	
Alanine	•	L07		0	1		0.157	0.628	
Aspartic acid	•	234		0	1		0.344	1.374	
Glutamic acid	•	503		0	1		0.886	3.540	
Glycine	•	071		0	1		0.104	0.417	
Proline	•	270		0	1		0.397	1.585	
Serine	•	L58		0	1		0.232	0.927	
Hydroxyproline	.g								
Others:									
Alcohol, ethyl	.q 0.)		0	7		0.0	0.0	
Caffeine	~				FZN 4		3	12	
Theobromine	. 0				FZN 4		91	364	
1.100010IIIIII	. 5				-· -				

Puddings, chocolate, dry mix, instant, prepared with whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>Am ou</u>	<u>ınt in 100 gr</u>			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				nbe	=			<u> </u>	easures or roo	<u>50</u>
						Source	Confidence			
Nutrients and Un	its	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duovimotos										
Proximates: Water	a	4.00	0.061	11		1		3.96	1.00	
Energy		362		0	NC	4		358	90	
Energy		1514		0	NC	4		1499	379	
Protein (N x 5.6)		2.60	0.109	11		1		2.57	0.65	
Total lipid (fat)		2.10	0.148	11		1		2.08	0.53	
Ash		2.00	0.056	11		1		1.98	0.50	
Carbohydrate, by difference		89.30	0.030	0	NC	4		88.41	22.33	
Fiber, total dietary		4.5		0	FLA	4		4.4	1.1	
Sugars, total		42.88		0	FLA	4		42.45	10.72	
Starch		42.00		U	FLIA	-		12.13	10.72	
Starcn	g									
Minerals:										
Calcium, Ca	mg	53	2.086	4		1		52	13	
Iron, Fe	mg	1.82	0.031	4		1		1.80	0.46	
Magnesium, Mg	mg	67		0	FLA	4		66	17	
Phosphorus, P	mg	88	9.481	4		1		87	22	
Potassium, K	mg	209	13.072	20		1		207	52	
Sodium, Na	mg	479		0	LC	8		474	120	
Zinc, Zn	mg	0.90		0	FLA	4		0.89	0.23	
Copper, Cu		0.518		0	FLA	4		0.512	0.129	
Manganese, Mn	-	0.537		0	FLA	4		0.532	0.134	
Selenium, Se	µg	3.3		0	FLA	4		3.2	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		0	FLA	4		0.0	0.0	
Thiamin	-	0.015		0	FLA	4		0.015	0.004	
Riboflavin	-	0.071		0	FLA	4		0.071	0.018	
Niacin	-	0.330		0	FLA	4		0.327	0.083	
Pantothenic acid	mg	0.035		0	FLA	4		0.035	0.009	
Vitamin B-6	mg	0.016		0	FLA	4		0.016	0.004	
Folate, total	µg	4		0	FLA	4		4	1	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	4		0	FLA	4		4	1	
Folate, DFE	µg	4		0	NC	4		4	1	
Choline, total	mg	1.6		0	FLA	4		1.6	0.4	
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	<u>JU</u>	0		0	FLA	4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	5		0	FLA	4		5	1	
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4		0.01	0.00	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				_	_	_				
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.3		0	FLA	4		0.3	0.1	
Dihydrophylloquinone										
Menaquinone-4	µg									

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common
				Number				m	easures of foo	od
						Saa. C	onfidence	_		
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	a	1.2	34	0	FLA	4		1.221	0.308	
4:0		0.0		0	FLA	4		0.000	0.000	
6:0	•	0.0		0	FLA	4		0.000	0.000	
8:0	-	0.0		0	FLA	4		0.000	0.000	
10:0		0.0		0	FLA	4		0.000	0.000	
		0.0		0	FLA	4		0.000	0.000	
12:0	-	0.0	00	U	FLA	4		0.000	0.000	
13:0	_	0.0	0.3	0	FLA	4		0.003	0.001	
14:0	_	0.0	03	U	FLA	4		0.003	0.001	
15:0		0.5	C.D.	0	FLA	4				
16:0		0.5	67	U	FLA	4		0.561	0.142	
17:0		0.6	4.17	•				0 640	0.160	
18:0	-	0.6	47	0	FLA	4		0.640	0.162	
20:0										
22:0										
24:0	-		0.0	•						
Fatty acids, total monounsaturated		0.7	03	0	FLA	4		0.696	0.176	
14:1										
15:1										
16:1 undifferentiated	-	0.0	00	0	FLA	4		0.000	0.000	
17:1	-									
18:1 undifferentiated	_	0.7		0	FLA	4		0.696	0.176	
20:1	-	0.0		0	FLA	4		0.000	0.000	
22:1 undifferentiated	•	0.0	00	0	FLA	4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.0		0	FLA	4		0.078	0.020	
18:2 undifferentiated	-	0.0		0	FLA	4		0.078	0.020	
18:3 undifferentiated		0.0		0	FLA	4		0.000	0.000	
18:4	-	0.0	00	0	FLA	4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.0		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)	g	0.0	00	0	FLA	4		0.000	0.000	
21:5	-									
22:4										
22:5 n-3 (DPA)	-	0.0		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0	FLA	4		0.000	0.000	
Fatty acids, total trans	-									
Cholesterol		0		0	FLA	4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl		0.0		0	FLA	4		0.0	0.0	
Caffeine	-	11		0	FLA	4		11	3	
Theobromine	mg	362		0	FLA	4		359	91	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.9 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of fo		
				of Data	Deriv	Source (Confidence				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	73.9	1	0	RP	4		94.64			
Energy	kcal	111		0	RP	4		142			
Energy	kJ	463		0	RP	4		593			
Protein	g	3.28	3	0	RP	4		4.20			
Total lipid (fat)	g	2.00	5	0	RP	4		2.64			
Ash	g	0.9	5	0	RP	4		1.23			
Carbohydrate, by difference	g	19.7	5	0	RP	4		25.29			
Fiber, total dietary	g	0.8		0	RP	4		1.0			
Sugars, total	g	11.8	5	0	RP	4		15.16			
Sucrose	g										
Glucose (dextrose)											
Fructose	g										
Lactose	g										
Maltose											
Galactose	g										
Starch											
Minler											
Minerals:											
Calcium, Ca	-	112		0	RP	4		143			
Iron, Fe	-	0.34 21	ŧ	0	RP RP	4 4		0.44 27			
Magnesium, Mg		21 94		0	RP RP	4		120			
Phosphorus, P Potassium, K		156		0	RP RP	4		200			
Sodium, Na	-	102		0	RP RP	4		130			
Zinc, Zn	_	0.5	7	0	RP	4		0.73			
Copper, Cu		0.09		0	RP	4		0.122			
Manganese, Mn		0.10		0	RP	4		0.136			
Selenium, Se		2.7		0	RP	4		3.5			
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.1		0	RP	4		0.2			
Thiamin	-	0.0		0	RP	4		0.042			
Riboflavin	-	0.1		0	RP	4		0.219			
Niacin	_	0.1		0	RP	4		0.175			
Pantothenic acid		0.3		0	RP	4		0.397			
Vitamin B-6	-	0.0	32	0	RP	4		0.041			
Folate, total		4		0	RP	4		5			
Folic acid		0		0	RP	4		0			
Folate, food	· -	4		0	RP	4		5			
Folate, DFE		12.9		0	NC RP	4		16.5			
Choline, total		0.8		0	RP RP	4		1.0			
Betaine	-	0.3	7	0	RP	4		0.47			
Vitamin B-12		0.00		0	RP	4		0.00			
Vitamin B-12, added		47	,	0	NC	4		61			
Vitamin A, RAE Retinol		47		0	RP	4		60			
Carotene, beta		3		0	RP	4		4			
Carotene, alpha		0		0	RP	4		0			
		0		0	RP	4		0			
Cryptoxanthin, beta Vitamin A, IU		163		0	NC	4		208			
Lycopene		0		0	RP	4		0			
Lutein + zeaxanthin		1		0	RP	4		1			
Vitamin E (alpha-tocopherol)		0.0	3	0	RP	4		0.04			
Vitamin E, added		0.00		0	RP	4		0.00			
Tocopherol, beta		0.00		0	RP	4		0.00			
Tocopherol, gamma		0.00		0	RP	4		0.00			
Tocopherol, delta		0.00		0	RP	4		0.00			
Tocotrienol, alpha		0.00		0	RP	4		0.00			
Tocotrienol, beta		0.00		0	RP	4		0.00			

	Ar	nount in 10	0 gram s	of edi	ble portion	<u>1</u>	Amount in e	dible portion o	of common
			Number					easures of foo	•
					Source C	onfidence			
N utrients and U nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.0	0	0	RP	4		0.00		
Tocotrienol, delta		00	0	RP	4		0.00		
Vitamin D (D2 + D3))	0	AS	1		1.3		
Vitamin D2 (ergocalciferol)			0	D.D.	4		1 2		
Vitamin D3 (cholecalciferol) Vitamin D		,	0	RP RP	4 4		1.3 53		
Vitamin K (phylloquinone)		2	0	RP	4		0.3		
Dihydrophylloquinone)	0	RP	4		0.0		
Menaquinone-4	hã								
Lipids:									
Fatty acids, total saturated	g 1.2	89	0	RP	4		1.650		
4:0	-		0	RP	4		0.084		
6:0	•		0	RP	4		0.044		
8:0	•		0	RP	4 4		0.022		
10:0 12:0	-		0	RP RP	4		0.054 0.060		
13:0	-		0	RP	4		0.002		
14:0	-		0	RP	4		0.193		
15:0	g 0.0	17	0	RP	4		0.022		
16:0	-	577	0	RP	4		0.739		
17:0	-		0	RP	4		0.012		
18:0			0	RP	4		0.411		
20:0 22:0	-		0	RP RP	4 4		0.004 0.002		
24:0	•	.02	Ū	K	-		0.002		
Fatty acids, total monounsaturated	-	02	0	RP	4		0.771		
14:1		12	0	RP	4		0.016		
15:1	-	004	0	RP	4		0.004		
16:1 undifferentiated	-		0	RP	4		0.029		
17:1			0	RP	4		0.005		
18:1 undifferentiated 20:1	-		0	RP RP	4 4		0.714 0.002		
22:1 undifferentiated	•		0	RP	4		0.002		
24:1 c	-								
Fatty acids, total polyunsaturated	g 0.0	76	0	RP	4		0.098		
18:2 undifferentiated	-		0	RP	4		0.085		
18:3 undifferentiated	-		0	RP	4 4		0.009		
18:4 20:2 n-6 c,c		100	U	RP	4		0.000		
20:3 undifferentiated		003	0	RP	4		0.003		
20:4 undifferentiated	-		0	RP	4		0.000		
20:5 n-3 (EPA)	g 0.0	000	0	RP	4		0.000		
21:5	-								
22:4	-		•				0.000		
22:5 n-3 (DPA) 22:6 n-3 (DHA)	_		0	RP RP	4 4		0.000		
Fatty acids, total trans	•		0	RP	4		0.093		
Cholesterol			0	RP	4		9		
Phytosterols	mg								
Stigmasterol			0	RP	4		0		
Campesterol	-		0	RP	4		0		
Beta-sitosterol	mg 0		0	RP	4		0		
Amino Acids:									
Tryptophan			0	RP	4		0.044		
Threonine			0	RP	4		0.113		
Isoleucine			0	RP RP	4 4		0.200 0.362		
LeucineLysine	•		0	RP RP	4		0.362		
Methionine	•		0	RP	4		0.091		
Cystine	_		0	RP	4		0.117		
Phenylalanine	g 0.1	.39	0	RP	4		0.178		
Tyrosine			0	RP	4		0.167		
Valine	g 0. 1	.86	0	RP	4		0.238		

	Amount in	00 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common_
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Arginineg	0.092	0	RP	4		0.118		
Histidineg	0.062	0	RP	4		0.080		
Alanineg	0.095	0	RP	4		0.121		
Aspartic acidg	0.256	0	RP	4		0.328		
Glutamic acidg	0.667	0	RP	4		0.853		
Glycineg	0.052	0	RP	4		0.066		
Prolineg	0.315	0	RP	4		0.403		
Serineg	0.170	0	RP	4		0.218		
Hydroxyprolineg	0.000	0	RP	4		0.000		
Others:								
Alcohol, ethylg	0.0	0	RP	4		0.0		
Caffeinemg	2	0	RP	4		2		
Theobrominemg	63	0	RP	4		81		

Common Measures:

Measure 1 = 128g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

Nutrients and Units			Amount in	TUU grams	or edi	ble portion	Amount in	edible portion	of common
Nutrients and Units				Number	r		<u>.</u>	neasures of fo	<u>od</u>
Nutrients and Units						Source Confide	nce		
Procedimates:	Nutrients and IIn	nite	Mean Std Fr					Measure 2	Measure
Water	Nati lents and on	iito	Mean ota. L	101			Wicasure	measure 2	Measure
Water	Proximates:								
Foreign		g	73.13	0	RP	4	103.85	416.85	
Protein	Energy	kcal	120	0	NC	4	170	681	
Truel light (fine)	Energy	kJ	500	0	NC	4	710	2851	
Total lipid (an)			3.16	0	RP	4	4.48	17.99	
Ash.			3.15	0	RP	4	4.47	17.96	
Fiber, total detarty	• ' '		0.92	0	RP	4	1.31	5.27	
Fiber, total dietary		_	19.64	0	RP	4	27.89	111.94	
Sugars, cola			0.8	0	RP	4	1.1	4.4	
Sarch.	•		11.96	0	RP	4	16.99		
Mineraks:	9 .							00.25	
Calcium C.		9							
Inn. Fe. mg 0.34 0 RP 4 0.49 1.96 Magnesium Mg. mg 87 0 RP 4 124 497 Phosphons P. mg 87 0 RP 4 123 853 Postosium K. mg 98 0 RP 4 123 853 Sodium Na. mg 9.8 0 RP 4 10.68 2.72 Copper, Ch. mg 0.111 0 RP 4 0.138 0.554 Sclenium Sc. µg 3.7 0 RP 4 0.138 0.554 Sclenium Sc. µg 0.0 RP 4 0.138 0.554 Sclenium Sc. µg 0.0 RP 4 0.054 0.0 Vitamins C. µg 0.0 RP 4 0.054 0.0 Vitamins C. ng 0.1 RP 4 0.0 0.0	<u>Minerals:</u>								
Маделевици Мд mg 20 0 RP 4 124 497 Plosphorus P mg 150 0 RP 4 1213 853 Sodium, Na mg 98 0 RP 4 139 558 Zinc, Za mg 0.48 0 RP 4 0.158 2.72 Copper, Cu mg 0.111 0 RP 4 0.158 0.655 Marganese, Mn mg 0.097 0 RP 4 0.138 0.554 Sclenium, Sc mg 0.0 0 RP 4 0.0 0.0 Vitamins. mg 0.038 0 RP 4 0.043 0.218 Vitamins. mg 0.0157 0 RP 4 0.023 0.894 Riboflavia. mg 0.157 0 RP 4 0.149 0.06 Vitamin BC. mg 0.032 0	*	_							
Phosphores P.									
Potestim K	Magnesium, Mg	mg		-					
Sodim. Na.	•			-					
Zinc, Zn	· · · · · · · · · · · · · · · · · · ·	-		-					
Copper, Cu mg 0.111 0 RP 4 0.158 0.635 Manganese, Mm mg 0.097 0 RP 4 0.138 0.554 Sclenium, Se. µg 3.7 0 RP 4 0.138 0.554 Vitamine: Use of the properties o	,	-		-					
Manganese, Mn		-		-		=			
Selenium, Se.	• •			-					
Vitamins Cytal ascorbic acid.									
Vitamin C, total ascorbic acid. Mg	Selenium, Se	µg	3.7	0	RP	4	5.3	21.2	
Vitamin C., total ascorbic acid MPg	Vitamins:								
Thiamin mg 0.038 0 RP 4 0.054 0.218 Ribolavin mg 0.157 0 RP 4 0.223 0.894 Nicain mg 0.133 0 RP 4 0.189 0.760 Pattorinis mg 0.030 0 RP 4 0.043 1.856 Vitamin B-6 mg 0 0.300 0 RP 4 0.043 0.173 Folate, total µg 4 0 RP 4 6 25 Folite, cotal µg 4 0 RP 4 6 25 Folate, food µg 4 0 NC 4 6 25 Folate, pote µg 4 0 NC 4 6 25 Folate, pote µg 0 0.31 0 RP 4 0.44 1.75 Vitamin B-12, added µg 0 0		ma	0.0	0	RP	4	0.0	0.0	
Riboflavin	· · · · · · · · · · · · · · · · · · ·	-							
Niacin M9 0.1333 0 RP 4 0.189 0.760 Pantohenic acid m9 0.326 0 RP 4 0.462 1.856 Vitamin B-6 m9 0.030 0 RP 4 0.043 0.173 Folate, fotal µg 4 0 RP 4 6 25 Folate, food µg 4 0 RP 4 6 25 Folate, food µg 4 0 NC 4 6 25 Folate, food µg 4 0 NC 4 6 25 Folate, food µg 4 0 NC 4 6 25 Column mg 11.3 0 RP 4 10.44 1.75 Vitamin B-12 µg 0.31 0 RP 4 0.44 1.75 Vitamin B-12 µg 0.00 0 RP 4 0		-							
Pantohenic acid		-		-		=			
Vitamin B-6. Mg		-		-		=			
Folate, total		_		-					
Folic acid		-							
Folate, food	, , , , , , , , , , , , , , , , , , ,			-					
Folate, DFE. J.				-					
Choline, total				-					
Betaine							-		
Vitamin B-12.	,		11.5	v	K	-	10.0	01.1	
Vitamin B-12, added µg 0.00 0 RP 4 0.00 0.00 Vitamin A, RAE µg 39 0 NC 4 56 224 Retinol µg 39 0 NP 4 55 221 Carotene, beta µg 6 0 RP 4 8 32 Carotene, alpha µg 0 0 RP 4 0 0 Carotene, alpha µg 0 0 RP 4 0 0 Carotene, alpha µg 0 0 RP 4 0 0 Carotene, alpha µg 0 0 RP 4 0 0 Vitamin A, IU IU 139 0 RP 4 0 0 Lycopene µg 0 0 RP 4 1 5 Vitamin E, (alpha-tocopherol) mg 0.00 RP 4 0.00 <t< td=""><td></td><td>-</td><td>0.31</td><td>0</td><td>PD</td><td>4</td><td>0 44</td><td>1 75</td><td></td></t<>		-	0.31	0	PD	4	0 44	1 75	
Vitamin A, RAE									
Retinol	,			-					
Carotene, beta. µg 6 0 RP 4 8 32 Carotene, alpha. µg 0 0 RP 4 0 0 Cryptoxanthin, beta. µg 0 0 RP 4 0 0 Vitamin A, IU. IJU 139 0 RP 4 197 791 Lycopene. µg 0 0 RP 4 0 0 Lutein + zeaxanthin. µg 1 0 RP 4 0 0 Vitamin E (alpha-tocopherol). mg 0.06 0 RP 4 0.09 0.36 Vitamin E, added. mg 0.00 0 RP 4 0.09 0.36 Vitamin E, added. mg 0.00 RP 4 0.00 0.00 Tocopherol, gamma. mg 0 RP 4 0.00 0.00 Tocotrienol, gamma. mg 0 RP 4 1.6				0					
Carotene, alpha	1001101			0		4			
Стуртохантіні, beta µg 0 0 RP 4 0 0 Vitamin A, IU									
Vitamin A, IU. JU 139 0 RP 4 197 791 Lycopene. J/g 0 0 RP 4 0 0 Lutein + zeaxanthin. J/g 1 0 RP 4 1 5 Vitamin E (alpha-tocopherol). Mg 0.06 0 RP 4 0.09 0.36 Vitamin E, added. Mg 0.00 0 RP 4 0.00 0.00 Tocopherol, beta. Mg 0 RP 4 0.00 0.00 Tocopherol, delta. Mg 1 0 RP 4 0.00 0.00 Tocotrienol, alpha. Mg 1 0 RP 4 1.6 6.2 Vitamin D (D2 + D3). Jg 1.1 0 RP 4 1.6 6.2 Vitamin D (D2 + D3). Jg 0.3 0 RP 4 0.4 1.6 Dihydrophylloquinone. Jg 0.3 0 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
Lycopene				-			-		
Lutein + zeaxanthin	,			_					
Vitamin E (alpha-tocopherol) Mg 0.06 0 RP 4 0.09 0.36 Vitamin E, added mg 0.00 0 RP 4 0.00 0.00 Tocopherol, beta mg 0 RP 4 0.00 0.00 Tocopherol, gamma mg 0 RP 4 0.00 0.00 Tocotrienol, alpha mg 0 RP 4 0.00 0.00 Tocotrienol, petra mg 0 RP 4 0.00 0.00 Tocotrienol, petra mg 0 RP 4 0.00 0.00 Tocotrienol, petra mg 0 0 RP 4 0.00 0.00 Vitamin D (D2 + D3) µg 1.1 0 RP 4 1.6 6.2 Vitamin K (phylloquinone) µg 0.3 0 RP 4 0.4 1.6 Dihydrophylloquinone µg 0 0 RP 4 0 0.4 1.6				-					
Vitamin E, added. mg 0.00 0 RP 4 0.00 0.00 Tocopherol, beta. mg <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td>				-					
Tocopherol, beta				-					
Tocopherol, gamma			0.00	0	R.F	4	0.00	0.00	
Tocopherol, delta	=								
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta									
Vitamin D (D2 + D3) µg 1.1 0 RP 4 1.6 6.2 Vitamin D µg 44 0 RP 4 62 249 Vitamin K (phylloquinone) µg 0.3 0 RP 4 0.4 1.6 Dihydrophylloquinone µg									
Vitamin D. JU 44 0 RP 4 62 249 Vitamin K (phylloquinone) JU 0 RP 4 0.4 1.6 Dihydrophylloquinone JU 0 RP 4 0.4 1.6			1.1	0	ΦĐ	4	1 6	6 2	
Vitamin K (phylloquinone)									
Dihydrophylloquinoneµg									
	• • •		0.3	U	KP	-	0.4	1.6	
Menaquinone-4			2.2	•		4			

		<u>An</u>		0 grams Number		ble portion			edible portion e	
						0				
Nutrients and Un	its	Mean	Std. Error			Source Col Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	1.8	10	0	RP	4		2.570	10.318	
4:0	g	0.0	64	0	RP	4		0.091	0.364	
6:0	g	0.0	64	0	RP	4		0.091	0.364	
8:0	g	0.0	64	0	RP	4		0.091	0.364	
10:0	g	0.0	64	0	RP	4		0.091	0.364	
12:0	g	0.0	66	0	RP	4		0.093	0.374	
13:0	g	0.0	00	0	RP	4		0.000	0.000	
14:0	g	0.2	55	0	RP	4		0.362	1.453	
15:0	g	0.0	00	0	RP	4		0.000	0.000	
16:0	g	0.8	09	0	RP	4		1.149	4.611	
17:0	g	0.0	00	0	RP	4		0.000	0.000	
18:0		0.4	25	0	RP	4		0.604	2.423	
20:0	g	0.0	00	0	RP	4		0.000	0.000	
22:0	_	0.0	00	0	RP	4		0.000	0.000	
24:0	g	0.0	00	0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated	-	0.8	19	0	RP	4		1.162	4.666	
14:1		0.0		0	RP	4		0.000	0.000	
15:1	-									
16:1 undifferentiated		0.0	00	0	RP	4		0.000	0.000	
17:1	-									
18:1 undifferentiated		0.8	19	0	RP	4		1.162	4.666	
20:1	-	0.0		0	RP	4		0.000	0.000	
22:1 undifferentiated	-	0.0	00	0	RP	4		0.000	0.000	
24:1 c				-		-				
Fatty acids, total polyunsaturated		0.1	80	0	RP	4		0.256	1.029	
18:2 undifferentiated		0.1		0	RP	4		0.166	0.665	
18:3 undifferentiated	-	0.0		0	RP	4		0.091	0.364	
18:4		0.0		0	RP	4		0.000	0.000	
20:2 n-6 c,c	-			·		-			0.000	
20:3 undifferentiated										
20:4 undifferentiated		0.0	00	0	RP	4		0.000	0.000	
20:5 n-3 (EPA)		0.0		0	RP	4		0.000	0.000	
21:5	-	3.0		•		=		0.000	0.000	
22:4	_									
22:5 n-3 (DPA)		0.0	00	0	RP	4		0.000	0.000	
22:6 n-3 (DHA)	_	0.0		0	RP	4		0.000	0.000	
Fatty acids, total trans		0.0		,		-		0.000	0.300	
Cholesterol		9		0	RP	4		13	51	
Phytosterols	• • • • • • • • • • • • • • • • • • • •			J		-				
Others:										
Alcohol, ethyl	g	0.0		0	RP	4		0.0	0.0	
Caffeine		2		0	RP	4		3	11	
Theobromine	_	63		0	RP	4		89	359	

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ou</u>	<u>nt in 100 gr</u>	am s	Amount in edible portion of common					
			Nun	nber					easures of foo	
						Source (Confidence			_
Nutrients and l	ln ita	Maan St	d. Error Po			Code	Code	Magazira 1	Magazira 2	Magazina
Nutrients and t	Jnits	Mean Sto	a. Error 10	iiits	Code	Code	Code	Measure 1	Measure 2	Measure (
Proximates:										
Water	g	69.46	0.880	4	A	1	С	19.69	75.02	68.07
Energy	kcal	142		0	NC	4		40	153	139
Energy		593		0	NC	4		168	641	581
Protein (N x 6.25)		2.09	0.230	4	A	1	С	0.59	2.26	2.05
Total lipid (fat)	g	4.60	0.537	4	A	1	C	1.30	4.97	4.51
Ash	g	0.84	0.083	4	A	1	С	0.24	0.91	0.82
Carbohydrate, by difference	g	23.01		0	NC	4		6.52	24.85	22.55
Fiber, total dietary	g	0.0	0.000	3	A	1	C	0.0	0.0	0.0
Sugars, total	g	17.17	0.752	4	A	1	C	4.87	18.54	16.82
Sucrose	g	15.47	0.699	4	A	1	C	4.38	16.70	15.16
Glucose (dextrose)	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Fructose	g	0.00	0.000	4	A	1	С	0.00	0.00	0.00
Lactose		1.70	0.331	4	A	1	С	0.48	1.84	1.67
Maltose	g	0.00	0.000	4	A	1	С	0.00	0.00	0.00
Galactose		0.00	0.000	4	A	1	С	0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	51	10.822	4	A	1	С	15	56	50
Iron, Fe		1.27	0.167	4	A	1	С	0.36	1.37	1.24
Magnesium, Mg		18	0.749	4	A	1	C	5	19	17
Phosphorus, P		56	8.580	4	A	1	C	16	61	55
Potassium, K		184	14.857	4	A	1 1	C	52 43	198	180 149
Sodium, Na		152 0.34	3.750 0.031	4	A A	1	C C	43 0.10	164 0.37	0.33
Zinc, Zn		0.34	0.009	4	A	1	C	0.10	0.37	0.33
Copper, Cu		0.092	0.009	4	A	1	C	0.028	0.100	0.09
Selenium, Se		0.0	0.000	4	A	1	C	0.033	0.127	0.0
,		0.0	0.000	•		-	C	0.0	0.0	0.0
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.3		0	FLA	4		0.1	0.3	0.2
Thiamin	_	0.024	0.008	4	A	1	C	0.007	0.026	0.02
Riboflavin	_	0.072	0.014	4	A	1	C	0.020	0.078	0.07
Niacin	-	0.123	0.013	4	A	1	C	0.035	0.133	0.12
Pantothenic acid		0.244	0.064	4	A	1	C	0.069	0.263	0.23
Vitamin B-6		0.018	0.004	4	A	1	С	0.005	0.019	0.01
Folate, total		3		0	FLA	4		1	3	3
Folic acid		0		0	NR	4		0	0	0
Folate, food		3		0	FLA	4		1	3	3
Folate, DFE	· -	3		0	NC	4		1	3	3
Choline, total		9.5		0	AS	1		2.7	10.2	9.3
Betaine		0.9	0 000	2	A	1 1	a	0.3	1.0	0.9
Vitamin B-12		0.09 0.00	0.000	4 0	A	4	С	0.03 0.00	0.10	0.09
Vitamin B-12, added					FLA				0.00	0.00
Vitamin A, RAE		14 14		0	FLA	4		4	15	13
Retinol		0	0.000	0	FLA	4 1		<u>4</u> 0	15	13
Carotene, beta		0		4	A	1	C C	0	0 0	0
Carotene, alpha		0	0.000	4 4	A A	1	C	0	0	0
Cryptoxanthin, beta			0.000			4	C			
Vitamin A, IU		46 0	0.000	0 4	FLA A	1	С	13 0	49 0	45 0
Lycopene		1	0.000	0		4	C	0	0 1	0 1
Lutein + zeaxanthin		0.31	0 120	4	FLA A	4 1	С	0.09		
Vitamin E (alpha-tocopherol)			0.130				C		0.34	0.31
Vitamin E, added		0.00	0 005	0	FLA	4	a	0.00	0.00	0.00
Tocopherol, beta		0.01 1.64	0.005	4	A	1 1	C C	0.00	0.01	0.01
Tocopherol, gamma			0.469	4	A			0.47	1.78	1.61
Tocopherol, delta		0.63	0.272	4	A	1	С	0.18	0.68	0.62
Tocotrienol, alpha	mg									

	<u>Am</u>	ount in 10	0 gram	s of edi	ble porti	<u>ion</u>	Amount in edible portion of common		
			Num be	r			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg									
Tocotrienol, deltamg Vitamin D (D2 + D3)µg	0.0		0	NR	4		0.0	0.0	0.0
Vitamin D	0		0	FLA	4		0	0.0	0
Vitamin K (phylloquinone)µg	0.6	0.3	104 4	Α	1	С	0.2	0.7	0.6
Dihydrophylloquinone								•••	
Menaquinone-4Ug									
•									
<u>Lipids:</u>	1 0		•				0.350	1 264	1 020
Fatty acids, total saturatedg	1.26		0	NC FLA	4 4		0.358	1.364	1.238 0.001
4:0g 6:0g	0.00		0	FLA	4		0.000	0.001 0.000	0.001
8:0g	0.00		000 4	А	1	С	0.000	0.000	0.000
10:0g	0.00		000 4	A	1	C	0.000	0.000	0.000
12:0g	0.00		000 4	A	1	C	0.000	0.000	0.000
13:0			-		_	· ·	0.000	0.000	0.000
14:0	0.00	0.0	006 4	A	1	С	0.002	0.006	0.006
15:0g	0.00		000 4	A	1	C	0.000	0.000	0.000
16:09	0.58		091 4	A	1	C	0.164	0.626	0.568
17:0g	0.00	0.0	000 4	A	1	С	0.000	0.000	0.000
18:0g	0.64	6 0.0	090 4	A	1	С	0.183	0.697	0.633
20:0g	0.01	.9 0.0	002 4	A	1	C	0.005	0.020	0.018
22:0g	0.01	.2 0.0	003 4	A	1	С	0.004	0.013	0.012
24:0g									
Fatty acids, total monounsaturatedg	2.73	31	0	NC	4		0.774	2.950	2.677
14:1g	0.00	0.0	000 4	A	1	C	0.000	0.000	0.000
15:1g	0.00	0.0	000 4	A	1	C	0.000	0.000	0.000
16:1 undifferentiatedg	0.00	0.0	003 4	A	1	C	0.001	0.005	0.004
17:1g	0.00	0.0	000 4	A	1	C	0.000	0.000	0.000
18:1 undifferentiatedg	2.71		370 4	A	1	С	0.770	2.935	2.663
20:1g	0.00		005 4	A	1	C	0.003	0.010	0.009
22:1 undifferentiatedg	0.00	00	0	FLA	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.10		0	NC	4	_	0.030	0.113	0.103
18:2 undifferentiatedg	0.10		013 4	A	1	С	0.029	0.111	0.101
18:3 undifferentiatedg	0.00		002 4	AS	1 1		0.001	0.002	0.002
18:3 n-3 c,c,c (ALA)g	0.00		002 4 000 4	A A	1	C C	0.001	0.002	0.002
18:3 n-6 c,c,c	0.00	0.0	000 4	А	1	C	0.000	0.000	0.000
18:31g 18:4g	0.00	10	0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.00		000 4	A	1	С	0.000	0.000	0.000
20:3 undifferentiatedg	0.00		000 4	A	1	C	0.000	0.000	0.000
20:3 n-3	0.00				-	C	0.000	0.000	0.000
20:3 n-6									
20:4 undifferentiated	0.00	0.0	000 4	A	1	С	0.000	0.000	0.000
20:4 n-6g									
20:5 n-3 (EPA)g	0.00	00	0	FLA	4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	00	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	00	0	FLA	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	1		0	FLA	4		0	1	1
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0
Caffeinemg	2		0	FLA	4		1	2	2
Theobrominemg	70		0	FLA	4		20	76	69

Puddings, chocolate, ready-to-eat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 108g: 1 container refrigerated, 4 oz Measure 3 = 98g: 1 container shelf stable, 3.5 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		Alliou	nt in 100 g	<u> </u>	Amount in edible portion of common					
			Nu	m be	r			m	easures of fo	od
					-	Source	Confidence			
Nutrionts and Ur	sito	Moon St	d. Error P				Code	Magaura 1	Magaura 2	Magaura
Nutrients and Ur	iits	Mean St	u. Error i	Oiiita	Oout	Oode	Oout	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.23		0	FLC	4		86.15		
Energy		93	3.849	3	LC	8		105		
Energy		390		0	LC	8		441		
Protein (N x 6.25)		1.93	0.084		LC	8		2.18		
Total lipid (fat)	_	0.30		0	FLC	4		0.33		
Ash		0.70		0	FLC	4		0.79		
Carbohydrate, by difference		20.87	0.652		LC	8		23.58		
Fiber, total dietary		0.3	0.294		LC	8		0.3		
Sugars, total		15.75	0.694		LC	8		17.79		
Starch		13.75	0.054		пс	Ü		17.75		
Starcii	y									
Minerals:										
Calcium, Ca	mg	39	17.688	3	LC	8		44		
Iron, Fe	mg	1.69	1.176	3	LC	8		1.91		
Magnesium, Mg	mg	15		0	FLC	4		17		
Phosphorus, P	mg	54		0	FLC	4		61		
Potassium, K	mg	208		0	BFZN	4		235		
Sodium, Na	mg	154		0	LC	8		174		
Zinc, Zn	mg	0.30		0	FLC	4		0.34		
Copper, Cu	mg	0.083		0	FLC	4		0.094		
Manganese, Mn	mg	0.078		0	FLC	4		0.089		
Selenium, Se	µg	1.6		0	FLC	4		1.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0.000	3	LC	8		0.0		
Thiamin	-	0.018		0	FLC	4		0.020		
Riboflavin		0.074		0	FLC	4		0.084		
Niacin	_	0.087		0	FLC	4		0.099		
Pantothenic acid	_	0.148		0	FLC	4		0.167		
Vitamin B-6	-	0.016		0	FLC	4		0.018		
Folate, total	_	3		0	FLC	4		3		
Folic acid		0		0	NR	4		0		
Folate, food		3		0	FLC	4		3		
Folate, DFE		3		0	NC	4		3		
Choline, total		7.0		0	FLC	4		7.9		
Betaine				·		-				
Vitamin B-12		0.15		0	FLC	4		0.17		
Vitamin B-12, added		0.00		0	FLC	4		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	FLC	4		0		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		1		0	NC	4		1		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		1		0	FLC	4		1		
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00		
Vitamin E, added		0.00		0	FLC	4		0.00		
Tocopherol, beta				•		-		*****		
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0		
Vitamin D		0		0	FLA	4		0		
Vitamin K (phylloquinone)		0.1		0	FLC	4		0.1		
Dihydrophylloquinone				-		-				
Menaquinone-4										

	<u>Am ount</u>	in 100 grams	of edi		Amount in edible portion of common		
		Number	•		<u>m</u>	easures of fo	<u>od</u>
		of Data	Deriv	Source Confide	nce		
Nutrients and Units	Mean Std.	Error Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated9	0.000	0.000 3	LC	8	0.000		
4:0g	0.000	0	FLC	4	0.000		
6:0g	0.000	0	FLC	4	0.000		
8:0g	0.000	0	FLC	4	0.000		
10:0g	0.000	0	FLC	4	0.000		
12:0g	0.000	0	FLC	4	0.000		
13:0g	0.000	•	a	4			
14:0g	0.000	0	FLC	4	0.000		
15:0g	0.000	•	a	4			
16:0g	0.000	0	FLC	4	0.000		
17:0g	0.000	0	FLC	4	0.000		
18:0g 20:0	0.000	U	FLC	4	0.000		
• • • • • • • • • • • • • • • • • • • •							
22:0g 24:0g							
Fatty acids, total monounsaturatedg	0.000	0	FLC	4	0.000		
14:1g	0.000	O .	FLC	*	0.000		
14:1							
16:1 undifferentiatedg	0.000	0	FLC	4	0.000		
17:1g	0.000	v	FIIC	*	0.000		
18:1 undifferentiated	0.000	0	FLC	4	0.000		
20:1g	0.000	0	FLC	4	0.000		
22:1 undifferentiatedg	0.000	0	FLC	4	0.000		
24:1 cg	0.000	· ·	FEC	*	0.000		
Fatty acids, total polyunsaturated9	0.000	0	FLC	4	0.000		
18:2 undifferentiated	0.000	0	FLC	4	0.000		
18:3 undifferentiated	0.000	0	FLC	4	0.000		
18:4g	0.000	0	FLC	4	0.000		
20:2 n-6 c,cg	0.000	· ·	FEC	*	0.000		
20:3 undifferentiated							
20:4 undifferentiated	0.000	0	FLC	4	0.000		
20:5 n-3 (EPA)	0.000	0	FLC	4	0.000		
21:5g	0.000	· ·	120	•	0.000		
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000		
Fatty acids, total trans		·		-	0.000		
Cholesterolmg	1	0	FLM	4	1		
Phytosterolsmg	_	· ·		-	_		
Others:							
Alcohol, ethylg	0.0	0	FLC	4	0.0		
Caffeinemg	2	0	FLC	4	2		
Theobrominemg	53	0	FLC	4	60		

Common Measures:

Measure 1 = 113g: 1 serving 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		<u>Am oun</u>	t in 100 gran		ble portion	<u>n</u>	Amount in edible portion of common measures of food		
			Num b					easures or roo	<u>5u</u>
						onfidence			
Nutrients and Ur	nits	Mean Std	. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	2.20	0.496 4		1		2.18	0.55	
Energy		415	C	NC	4		411	104	
Energy	kJ	1736	C	NC	4		1719	434	
Protein (N x 5.4)	g	0.90	0.159 4		1		0.89	0.23	
Total lipid (fat)	g	10.00	1	LC	8		9.90	2.50	
Ash	g	3.40	0.194 4		1		3.37	0.85	
Carbohydrate, by difference	g	83.50	C	NC	4		82.67	20.88	
Fiber, total dietary	g	4.0	1	LC	8		4.0	1.0	
Sugars, total	g	64.00	3	LC	8		63.36	16.00	
Starch	g								
M* 1									
Minerals:		_	_		,		_	_	
Calcium, Ca	_	8	0		4		8	2	
Iron, Fe	_	0.72	0		4		0.71	0.18	
Magnesium, Mg		17	0		4		17	4	
Phosphorus, P		721 96	1		4 4		714 95	180 24	
Potassium, KSodium, Na	_	1040	1		8		1030	260	
, , , , , , , , , , , , , , , , , , , ,	•	0.30	1		1		0.30	0.08	
Zinc, Zn Copper, Cu	_	0.151	0		4		0.149	0.038	
Manganese, Mn		0.489	0		4		0.484	0.038	
Selenium, Se		4.0	0		4		4.0	1.0	
Scientini, Sc		1.0	•		-		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid	-	0.3	0		4		0.3	0.1	
Thiamin		0.013	0		4		0.013	0.003	
Riboflavin	_	0.053	0		4		0.052	0.013	
Niacin	_	0.219	O		4		0.217	0.055	
Pantothenic acid	_	0.115	1		1		0.114	0.029	
Vitamin B-6	_	0.041	1		1		0.041	0.010	
Folate, total		2	0		4		2	0	
Folic acid		0	0		4		0	0	
Folate, food		2 2	0		4 4		2	0	
Folate, DFE			0				2	0	
Choline, total	_	3.9	O	FLA	4		3.8	1.0	
Betaine	_	0.00	O		4		0.00	0.00	
Vitamin B-12		0.00 0.00	0		4 4		0.00	0.00	
Vitamin B-12, added		0.00	0	FLA	4		0.00	0.00 0	
Vitamin A, RAE		0	0	FLA	4		0	0	
Retinol		0	0		4		0	0	
Carotene, beta		0	0		4		0	0	
Carotene, alpha		0	0		4		0	0	
Cryptoxanthin, beta Vitamin A, IU		0	0	FLA	4		0	0	
Lycopene		0	0		4		0	0	
Lutein + zeaxanthin		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.08	0		4		0.08	0.02	
Vitamin E, added		0.00	0		4		0.00	0.02	
Tocopherol, beta		0.00	·		-		0.00	0.00	
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta	_								
Vitamin D (D2 + D3)		0.0	O	Z	7		0.0	0.0	
Vitamin D		0	O	Z	7		0	0	
Vitamin K (phylloquinone)		0.1	0	FLA	4		0.1	0.0	
Dihydrophylloquinone	µg								
Menaquinone-4									

	Amo	unt in 10	0 grams	of edi	Amount in edible portion of common measures of food				
			Num be r				<u>m</u>	easures of foc	<u>oa</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	10.000	1	0	NR	4		9.900	2.500	
4:0g	0.000	1	0	FLA	4		0.000	0.000	
6:0g	0.064	ı	0	FLA	4		0.063	0.016	
8:0g	0.790	1	0	FLA	4		0.782	0.197	
10:0g	0.628	1	0	FLA	4		0.621	0.157	
12:0g	5.002	!	0	FLA	4		4.952	1.250	
13:0g									
14:0g	1.975		0	FLA	4		1.955	0.494	
15:0g									
16:0g	0.957	'	0	FLA	4		0.948	0.239	
17:0g									
18:0g	0.584	ı	0	FLA	4		0.578	0.146	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.000		0	NR	4		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000		0	NR	4		0.000	0.000	
20:1g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiatedg	0.000	1	0	FLA	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0	NR	4		0.000	0.000	
18:2 undifferentiatedg	0.000		0	NR	4		0.000	0.000	
18:3 undifferentiatedg	0.000		0	NR	4		0.000	0.000	
18:4g	0.000	1	0	FLA	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		0	FLA	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	1	0	FLA	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1	LC	8		0	0	
Phytosterolsmg									
Others:			_				•		
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Refuse:0%

		Am	ount in 10	u gram s	or edil	oie porti	<u>on</u>	Amount in edible portion of common			
				Num ber				<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	74.4	0	0		1		109.37	436.73		
Energy	kcal	107		0	NC	4		157	628		
Energy	kJ	448				4		658	2628		
Protein	g	2.9	0	0		1		4.26	17.02		
Total lipid (fat)	g	2.3	0	0		1		3.38	13.50		
Ash	g	1.2	0	0		1		1.76	7.04		
Carbohydrate, by difference	g	19.2	0	0	NC	4		28.22	112.70		
Fiber, total dietary	g	0.1		0		4		0.1	0.6		
Sugars, total	g										
Starch											
3.61											
Minerals:				_		_					
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	102	_	0		1		150	599		
Iron, Fe		0.1	5	0		1		0.22	0.88		
Magnesium, Mg		14		0		1		21	82		
Phosphorus, P		201		0		1		295	1180		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	132		0		1		194	775		
Sodium, Na		246	_	0		1		362	1444		
Zinc, Zn	•	0.3		0		1		0.49	1.94		
Copper, Cu		0.0		0		1		0.037	0.147		
Manganese, Mn	_	0.0		0	DEGN	1 4		0.028	0.112		
Selenium, Se	µg	2.0		0	BFZN	4		2.9	11.7		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7		
Thiamin	mg	0.0	34	0		1		0.050	0.200		
Riboflavin	mg	0.1	38	0		1		0.203	0.810		
Niacin	mg	0.0	86	0		1		0.126	0.505		
Pantothenic acid	mg	0.2	71	0		1		0.398	1.591		
Vitamin B-6	mg	0.0	38	0		1		0.056	0.223		
Folate, total	µg	4		0		1		6	23		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	4		0		1		6	23		
Folate, DFE		4		0	NC	4		6	23		
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.3	0	0		1		0.44	1.76		
Vitamin A, RAE	µg	45		0	NC	4		66	264		
Retinol	µg	45		0	0	4		66	264		
Carotene, beta	µg	0		0	0	4		0	0		
Carotene, alpha	· -										
Cryptoxanthin, beta											
Vitamin A, IU		150		0	0	4		221	881		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	<u>A</u>	Amount in 100 grams of edible portio Number of Data Deriv Source C					Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std.	of Data Error Points			Confidence Code	Measure 1	Measure 2	Measure 3	
En divide de	a 1	370	0		1		2.014	9 042		
Fatty acids, total saturated	5	050	0		1 1		0.074	8.042 0.294		
6:0	•	030	0		1		0.044	0.176		
8:0	•	050	0		1		0.074	0.294		
10:0	•	060	0		1		0.088	0.352		
12:0	-	210	0		1		0.309	1.233		
13:0	-	230	0		1		0.338	1.350		
14:0 15:0	•	230	Ü		1		0.338	1.350		
16:0	-	500	0		1		0.735	2.935		
17:0 18:0	-	230	0		1		0.338	1.350		
20:0	-									
22:0 24:0	•									
Fatty acids, total monounsaturated	g 0.	620	0		1		0.911	3.639		
14:1 15:1										
16:1 undifferentiated	.g 0.	040	0		1		0.059	0.235		
17:118:1 undifferentiated	.g 0.	580	0		1		0.853	3.405		
20:1										
24:1 c			_							
Fatty acids, total polyunsaturated	5	190	0		1		0.279	1.115		
18:2 undifferentiated	.0	160 030	0		1 1		0.235	0.939		
18:3 undifferentiated	-	030	U		1		0.044	0.176		
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	.g 0.	000	0		1		0.000	0.000		
20:5 n-3 (EPA)	-									
21:5	•									
22:4 22:5 n-3 (DPA)	-									
22:5 n-3 (DPA) 22:6 n-3 (DHA)	-									
Fatty acids, total trans										
Cholesterol			0		1		9	35		
Phytosterols	mg									
Amino Acids:										
Tryptophan	.0	038	0		1		0.056	0.223		
Threonine	.0	124	0		1 1		0.182	0.728		
Isoleucine		165 269	0		1		0.243 0.395	0.969 1.579		
Lysine	•	216	0		1		0.318	1.268		
Methionine	•	069	0		1		0.101	0.405		
Cystine		027	0		1		0.040	0.158		
Phenylalanine		134	0		1		0.197	0.787		
Tyrosine	g 0.	132	0		1		0.194	0.775		
Valine	•	185	0		1		0.272	1.086		
Arginine	•	115	0		1		0.169	0.675		
Histidine	•	075	0		1		0.110	0.440		
Alanine	•	098	0		1 1		0.144	0.575		
Aspartic acidGlutamic acid	•	213 583	0		1		0.313 0.857	1.250 3.422		
Glycine	•	062	0		1		0.091	0.364		
Proline	.0	262	0		1		0.385	1.538		
Serine	•	150	0		1		0.221	0.881		
Hydroxyproline	•									
Others:										
Alcohol, ethyl			0	Z	7		0	0		
Caffeine Theobromine	. 0		0	z	7		0	0		
1 ICOUTOIIIIIC	9				,		•	•		

Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Nutrients and Units

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk

Refuse:0%

		<u>An</u>	ount in 10	0 grams	of edil	ble portion	<u>1</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source C	onfidence				
	•.		Std. Error				Code				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	73.4	0	0		1		107.90	430.86		
Energy		117		0	NC	4		172	687		
Energy		490				4		720	2874		
Protein		2.9	0	0		1		4.26	17.02		
Total lipid (fat)		3.5	0	0		1		5.15	20.55		
Ash	-	1.2		0		1		1.76	7.04		
Carbohydrate, by difference		19.1		0	NC	4		28.08	112.12		
Fiber, total dietary		0.1		0		4		0.1	0.6		
Sugars, total		0.1		Ū		-		0.1	0.0		
Starch											
Starcii	9										
<u> Iinerals:</u>											
Calcium, Ca	<u>mg</u>	100		0		1		147	587		
Iron, Fe	-	0.1	5	0		1		0.22	0.88		
Magnesium, Mg	mg	14		0		1		21	82		
Phosphorus, P		200		0		1		294	1174		
Potassium, K	mg	129		0		1		190	757		
Sodium, Na	mg	246		0		1		362	1444		
Zinc, Zn	-	0.3		0		1		0.49	1.94		
Copper, Cu	-	0.0		0		1		0.038	0.153		
Manganese, Mn		0.0		0		1		0.028	0.112		
Selenium, Se	µg	2.0		0	RP	4		2.9	11.7		
/itamins:											
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7		
Thiamin	-	0.0	33	0		1		0.049	0.194		
Riboflavin	-	0.1	36	0		1		0.200	0.798		
Niacin	-	0.0	84	0		1		0.123	0.493		
Pantothenic acid	-	0.2	66	0		1		0.391	1.561		
Vitamin B-6	-	0.0	37	0		1		0.054	0.217		
Folate, total	-	4		0		1		6	23		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0		1		6	23		
Folate, DFE		4		0	NC	4		6	23		
Choline, total											
Betaine	-										
Vitamin B-12	-	0.3	0	0		1		0.44	1.76		
Vitamin A, RAE		24		0	NC	4		36	144		
Retinol		23		0	0	4		34	136		
Carotene, beta		15		0	0	4		22	88		
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		105		0		1		154	616		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	-										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	<u>A</u>	mount in 1	00 grams	of edil	ole portion	Amount in a	adible portion	of common		
			Number				Amount in edible portion of common measures of food			
					Source Confidence	e				
Nutrients and Units	Mean	Std. Erro	r Points	Code	Code Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated		100	0		1	3.087	12.327			
4:0	.0	090	0		1	0.132	0.528			
6:0	.0	050	0		1	0.074	0.294			
8:0 10:0	•	060 090	0		1	0.088 0.132	0.352 0.528			
12:0	_	250	0		1	0.132	1.468			
13:0	_	250	Ū		-	0.300	1.400			
14:0	-	350	0		1	0.515	2.055			
15:0	=					****				
16:0	_	830	0		1	1.220	4.872			
17:0	.g									
18:0	.g 0.	380	0		1	0.559	2.231			
20:0	•									
22:0	•									
24:0	•									
Fatty acids, total monounsaturated		960	0		1	1.411	5.635			
14:1	_									
15:1	•	070	0		1	0.103	0.411			
16:1 undifferentiated	-	070	U		1	0.103	0.411			
18:1 undifferentiated		890	0		1	1.308	5.224			
20:1	-		•		-	1.500	3.221			
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		240	0		1	0.353	1.409			
18:2 undifferentiated	.g 0.	190	0		1	0.279	1.115			
18:3 undifferentiated	.g 0.	050	0		1	0.074	0.294			
18:4	.g									
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated		000	0		1	0.000	0.000			
20:5 n-3 (EPA) 21:5	_									
22:4	_									
22:5 n-3 (DPA)	_									
22:6 n-3 (DHA)	_									
Fatty acids, total trans	_									
Cholesterol	.mg 11		0		1	16	65			
Phytosterols	.mg 0		0		1	0	0			
Amino Acids:										
Tryptophan	α 0.	038	0		1	0.056	0.223			
Threonine	•	123	0		1	0.181	0.722			
Isoleucine		164	0		1	0.241	0.963			
Leucine	.g 0.	266	0		1	0.391	1.561			
Lysine	.g 0.	213	0		1	0.313	1.250			
Methionine	.g 0.	068	0		1	0.100	0.399			
Cystine	.g 0.	027	0		1	0.040	0.158			
Phenylalanine	•	133	0		1	0.196	0.781			
Tyrosine	•	130	0		1	0.191	0.763			
Valine	•	183	0		1	0.269	1.074			
Arginine	•	114	0		1	0.168	0.669			
Histidine	•	074	0		1 1	0.109	0.434			
Alanine	•	097 211	0		1	0.143 0.310	0.569 1.239			
Aspartic acidGlutamic acid	•	211 577	0		1	0.848	3.387			
Glycine	•	061	0		1	0.090	0.358			
Proline	•	259	0		1	0.381	1.520			
Serine	•	149	0		1	0.219	0.875			
Hydroxyproline	•									

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	00 grams	s of edi	ble portio	<u>on</u>	Amount in edible portion of common			
				Num be	r				easures of fo		
						Source (Confidence				
Nutrients and Un	vite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	1113	Weali	Stu. ET O	. 0				Wieasure i	Weasure 2	Weasure	
Proximates:											
Water		3.70	0.	051 6		1		3.26	0.93		
Energy	kcal	434		0	NC	4		382	108		
Energy	kJ	1814		0	NC	4		1597	454		
Protein (N x 6.25)	g	1.00)	1		1		0.88	0.25		
Total lipid (fat)	g	11.36		1	LC	8		10.00	2.84		
Ash	_	2.10	0.	075 6		1		1.85	0.53		
Carbohydrate, by difference	g	81.84	<u>!</u>	0	NC	4		72.02	20.46		
Fiber, total dietary	g	1.6		0	FLA	4		1.4	0.4		
Sugars, total	g	80.54	l .	0	FLA	4		70.88	20.14		
Starch	g										
Minerals:	···	•		•				_	•		
Calcium, Ca	_	8	,	0	FLA	4		7	2		
Iron, Fe		0.57 15	'	0	FLA FLA	4 4		0.50 13	0.14 4		
Magnesium, Mg Phosphorus, P		35		0	FLA	4		13 31	9		
Potassium, K		133		0	FLA	4		31 117	33		
Sodium, Na		682		1	LC	8		600	170		
Zinc, Zn	_	0.35	5	0	FLA	4		0.31	0.09		
Copper, Cu	_	0.14		0	FLA	4		0.126	0.036		
Manganese, Mn		0.46		0	FLA	4		0.407	0.116		
Selenium, Se	_	3.6		0	FLA	4		3.2	0.9		
Vitamins:											
Vitamin C, total ascorbic acid	_	0.3		0	FLA	4 4		0.2	0.1		
Thiamin		0.01		0	FLA	4		0.009	0.003		
Riboflavin	_	0.02		0	FLA FLA	4		0.026 0.090	0.007		
Niacin	_	0.10		0	FLA	4		0.090	0.025 0.034		
Pantothenic acid Vitamin B-6		0.13		0	FLA	4		0.118	0.034		
Folate, total	_	2	,,,	0	FLA	4		1	0.013		
Folic acid		0		0	FLA	4		0	0		
Folate, food	· -	2		0	FLA	4		1	0		
Folate, DFE	· -	2		0	NC	4		1	0		
Choline, total		3.7		0	FLA	4		3.3	0.9		
Betaine	_								•••		
Vitamin B-12	_	0.00)	0	FLA	4		0.00	0.00		
Vitamin B-12, added		0.00)	0	FLA	4		0.00	0.00		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Carotene, beta		0		0	FLA	4		0	0		
Carotene, alpha		0		0	FLA	4		0	0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0		
Vitamin A, IU	<u>IU</u>	0		0	FLA	4		0	0		
Lycopene	µg	0		0	FLA	4		0	0		
Lutein + zeaxanthin		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.07	7	0	FLA	4		0.06	0.02		
Vitamin E, added	mg	0.00)	0	FLA	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma	_										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		• •		^	_	-		0 0			
Vitamin D (D2 + D3)		0.0		0	Z Z	7		0.0	0.0		
Vitamin D		0 0.1		0	Z FLA	7 4		0 0.0	0		
Vitamin K (phylloquinone)		0.1		U	rьA	4		0.0	0.0		
Dihydrophylloquinone											
Menaquinone-4	µg										

	<u>Amount i</u>	n 100 grams	of edi	ble portion		Amount in edible portion of common		
		Number					easures of foo	
				Source Co	nfidonoo	_		
Nutrients and Units	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	11.364	1	LC	8		10.000	2.841	
4:0g	0.000	0	FLA	4		0.000	0.000	
6:0g	0.073	0	FLA	4		0.064	0.018	
8:0g	0.898	0	FLA	4		0.790	0.224	
10:0g	0.713	0	FLA	4		0.628	0.178	
12:0g	5.684	0	FLA	4		5.002	1.421	
13:0g		-		_				
14:0g	2.244	0	FLA	4		1.975	0.561	
15:0								
16:0g	1.088	0	FLA	4		0.957	0.272	
17:0							**	
18:0g	0.663	0	FLA	4		0.584	0.166	
20:0								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	z	7		0.000	0.000	
14:1								
15:1g								
16:1 undifferentiatedg	0.000	0	Z	7		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.000	0	Z	7		0.000	0.000	
20:1g	0.000	0	Z	7		0.000	0.000	
22:1 undifferentiatedg	0.000	0	FLA	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0	Z	7		0.000	0.000	
18:2 undifferentiatedg	0.000	0	Z	7		0.000	0.000	
18:3 undifferentiatedg	0.000	0	Z	7		0.000	0.000	
18:4g	0.000	0	FLA	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	Z	7		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	Z	7		0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLA	4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	FLA	4		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

NDB No. 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Refuse:0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
	Number						measures of food					
						Source Confidence						
Nutrients and Units		Mean	Std. Error				Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	75.6	0	0		1		105.84	422.60			
Energy	kcal	104		0	NC	4		146	581			
Energy	kJ	435				4		609	2432			
Protein	g	3.1	0	0		1		4.34	17.33			
Total lipid (fat)	g	2.5	0	0		1		3.50	13.98			
Ash	g	1.0	0	0		1		1.40	5.59			
Carbohydrate, by difference	g	17.8	0	0	NC	4		24.92	99.50			
Fiber, total dietary	g	0.2		0		4		0.3	1.1			
Sugars, total	g											
Starch												
Minerals:												
Calcium, Ca	ma	113		0		1		158	632			
Iron, Fe	-	0.2	0	0		1		0.28	1.12			
Magnesium, Mg		16	-	0		1		22	89			
Phosphorus, P		89		0		1		125	498			
Potassium, K	-	159		0		1		223	889			
Sodium, Na	•	163		0		1		228	911			
Zinc, Zn		0.3	7	0		1		0.52	2.07			
Copper, Cu	-	0.0		0		1		0.035	0.140			
Manganese, Mn		0.0	37	0		1		0.052	0.207			
Selenium, Se		2.3		0	RP	4		3.2	12.9			
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.7		0		1		1.0	3.9			
Thiamin	-	0.0		0		1		0.045	0.179			
Riboflavin	-	0.1		0		1		0.204	0.816			
Niacin		0.0		0		1		0.127	0.510			
Pantothenic acid		0.2		0		1		0.406	1.621			
Vitamin B-6		0.1		0		1		0.203	0.811			
Folate, total		4	13	0		1		6	22			
Folic acid		0		0	z	7		0	0			
Folate, food		4		0	_	1		6	22			
Folate, DFE		4		0	NC	4		6	22			
Choline, total		*		Ū	NC	*		· ·	22			
Betaine												
Vitamin B-12		0.2	6	0		1		0.36	1.45			
Vitamin A, RAE		49	-	0	NC	4		69	274			
Retinol		48		0	0	4		67	268			
Carotene, beta		12		0	0	4		17	67			
Carotene, alpha		12		J	9	•			٠,			
Cryptoxanthin, beta												
Vitamin A, IU		170		0	0	4		238	950			
Lycopene				-	-			- -				
Lutein + zeaxanthin												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta												
Vitamin D (D2 + D3)												
Vitamin D												

Number of Data Deriv Source Confidence Number of Data Deriv Source Confidence Code C	•
Nutrients and Units Mean Std. Error Points Code Code Code Code Measure 1 Measure 2	_
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Fatty acids, total saturated	
4:0 9 0.060 0 1 0.084 0.335 6:0 9 0.040 0 1 0.056 0.224 8:0 9 0.080 0 1 0.112 0.447 10:0 9 0.090 0 1 0.126 0.503 12:0 9 0.420 0 1 0.588 2.348 13:0 9 14:0 9 0.320 0 1 0.448 1.789 15:0 9 16:0 9 0.530 0 1 0.742 2.963 17:0 9	Measure 3
4:0 9 0.060 0 1 0.084 0.335 6:0 9 0.040 0 1 0.056 0.224 8:0 9 0.080 0 1 0.112 0.447 10:0 9 0.090 0 1 0.126 0.503 12:0 9 0.420 0 1 0.588 2.348 13:0 9 14:0 9 0.320 0 1 0.448 1.789 15:0 9 16:0 9 0.530 0 1 0.742 2.963 17:0 9	
4:0 9 0.060 0 1 0.084 0.335 6:0 9 0.040 0 1 0.056 0.224 8:0 9 0.080 0 1 0.112 0.447 10:0 9 0.090 0 1 0.126 0.503 12:0 9 0.420 0 1 0.588 2.348 13:0 9 14:0 9 0.320 0 1 0.448 1.789 15:0 9 16:0 9 0.530 0 1 0.742 2.963 17:0 9	
6:0	
8:0	
10:0	
12:0	
13:0	
15:0	
16:0	
17:0g	
18:Uy 0.260 0 1 0.364 1.453	
20:0g	
22:0g	
24:0g	
Fatty acids, total monounsaturatedg 0.520 0 1 0.728 2.907	
14:1g	
15:1g	
16:1 undifferentiatedg 0.040 0 1 0.056 0.224	
17:1g 18:1 undifferentiated	
20:1g 0.470 0 1 0.656 2.627	
22:1 undifferentiated	
24:1 c	
Fatty acids, total polyunsaturated	
18:2 undifferentiatedg 0.050 0 1 0.070 0.280	
18:3 undifferentiatedg 0.030 0 1 0.042 0.168	
18:4g 0.000 0 7 0.000 0.000	
20:2 n-6 c,cg	
20:3 undifferentiatedg 20:4 undifferentiatedg 0.000 0 1 0.000 0.000	
20:5 n-3 (EPA)	
21:5g	
22:4g	
22:5 n-3 (DPA)g 0.000 0 7 0.000 0.000	
22:6 n-3 (DHA)g 0.000 0 7 0.000 0.000	
Fatty acids, total transg	
Cholesterolmg 7 0 1 10 39	
Phytosterolsmg	
Amino Acids:	
Tryptophan	
Threonine	
Isoleucine 9 0.174 0 1 0.244 0.973 Leucine 0 0.283 0 1 0.396 1.582	
Leucine	
Methionine	
Cystine	
Phenylalanineg 0.141 0 1 0.197 0.788	
Tyrosine	
Valineg 0.195 0 1 0.273 1.090	
Arginine	
Histidine	
Alanineg 0.103 0 1 0.144 0.576	
Aspartic acid	
Glutamic acid g 0.614 0 1 0.860 3.432 Glycine g 0.066 0 1 0.092 0.369	
Proline	
Serine	
Hydroxyprolineg	
Others: Alcohol, ethylg 0.0 0 7 0.0 0.0	
Caffeinemg	
Theobrominemg	

Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19325 Puddings, coconut cream, dry mix, regular, prepared with whole milk

Refuse:0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number							measures of food			
						Sauraa C	Confidence			_		
Nutrionto and II	m:40	Mean	Std. Error				Code	Magazira 1	Magazza 2	Magaura		
Nutrients and U	nits	wean	Sta. Error	TOILLS	Coue	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	74.60	ס	0		1		104.44	417.01			
Energy	kcal	114		0	NC	4		160	637			
Energy	kJ	477				4		668	2666			
Protein		3.00)	0		1		4.20	16.77			
Total lipid (fat)		3.80)	0		1		5.32	21.24			
Ash		1.00)	0		1		1.40	5.59			
Carbohydrate, by difference	-	17.70		0	NC	4		24.78	98.94			
Fiber, total dietary		0.2	•	0	110	4		0.3	1.1			
•		0.2		Ū		-		0.5	1.1			
Sugars, total												
Starch	g											
Minerals:												
Calcium, Ca	<u>mg</u>	111		0		1		155	620			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.20	ס	0		1		0.28	1.12			
Magnesium, Mg	mg	16		0		1		22	89			
Phosphorus, P	mg	88		0		1		123	492			
Potassium, K	mg	157		0		1		220	878			
Sodium, Na	<u>mg</u>	162		0		1		227	906			
Zinc, Zn	mg	0.36	5	0		1		0.50	2.01			
Copper, Cu	mg	0.02	27	0		1		0.038	0.151			
Manganese, Mn	mg	0.03	37	0		1		0.052	0.207			
Selenium, Se	µg	2.3		0	BFZN	4		3.2	12.9			
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.7		0		1		1.0	3.9			
Thiamin	_	0.03	32	0		1		0.045	0.179			
Riboflavin		0.14		0		1		0.200	0.799			
Niacin	-	0.08		0		1		0.125	0.498			
Pantothenic acid	-	0.28		0		1		0.399	1.593			
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.14		0		1		0.202	0.805			
Folate, total	=	4		0		1		6	22			
Folic acid		0		0	z	7		0	0			
Folate, food		4		0	_	1		6	22			
Folate, DFE		4		0	NC	4		6	22			
Choline, total		•		·	110	-		· ·	22			
Betaine	-											
Vitamin B-12	-	0.25	5	0		1		0.35	1.40			
Vitamin A, RAE		26	•	0	NC	4		36	145			
Retinol		25		0	0	4		34	138			
		16		0	0	4		22	87			
Carotene, beta		10		U	O	-		22	67			
Carotene, alpha												
Cryptoxanthin, beta		110		0		1		154	615			
Vitamin A, IU		110		U		1		134	913			
Lycopene												
Lutein + zeaxanthin												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta	_											
Vitamin D (D2 + D3)	:. -											
Vitamin D												
Vitamin K (phylloquinone)												
Dihydrophylloquinone												
Menaquinone-4	µg											

	A	mount in 1	Amount in a	Amount in edible portion of common				
		Number				measures of food		
					Source Confidence	е		
Nutrients and Units	Mean	Std. Erro	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated		570	0		1	3.598	14.366	
4:0		090	0		1	0.126	0.503	
6:0	.0	060	0		1	0.084	0.335	
8:0 10:0	•	090 120	0		1 1	0.126 0.168	0.503 0.671	
12:0	_	460	0		1	0.168	2.571	
13:0	_	100	ŭ		-	0.011	2.371	
14:0	-	450	0		1	0.630	2.516	
15:0	=							
16:0	_	880	0		1	1.232	4.919	
17:0	.g							
18:0	.g 0.	420	0		1	0.588	2.348	
20:0	.g							
22:0	-							
24:0								
Fatty acids, total monounsaturated		880	0		1	1.232	4.919	
14:1	_							
15:1 16:1 undifferentiated		070	0		1	0.098	0.391	
16:1 undifferentiated	-	070	U		1	0.036	0.391	
18:1 undifferentiated		810	0		1	1.134	4.528	
20:1	-		·		_	1.131	1.520	
22:1 undifferentiated								
24:1 c								
Fatty acids, total polyunsaturated		120	0		1	0.168	0.671	
18:2 undifferentiated	.g 0.	080	0		1	0.112	0.447	
18:3 undifferentiated	.g 0.	050	0		1	0.070	0.280	
18:4	.g							
20:2 n-6 c,c	_							
20:3 undifferentiated	_		_		_			
20:4 undifferentiated		000	0		1	0.000	0.000	
20:5 n-3 (EPA) 21:5	_							
22:4	_							
22:5 n-3 (DPA)	_							
22:6 n-3 (DHA)	-							
Fatty acids, total trans	.g							
Cholesterol	.mg 12		0		1	17	67	
Phytosterols	.mg 0		0		1	0	0	
Amino Acids:								
Tryptophan	α 0.	040	0		1	0.056	0.224	
Threonine	.0	129	0		1	0.181	0.721	
Isoleucine		172	0		1	0.241	0.961	
Leucine	.g 0.	280	0		1	0.392	1.565	
Lysine	.g 0.	224	0		1	0.314	1.252	
Methionine	.g 0.	072	0		1	0.101	0.402	
Cystine	.g 0.	028	0		1	0.039	0.157	
Phenylalanine	•	140	0		1	0.196	0.783	
Tyrosine	•	137	0		1	0.192	0.766	
Valine	•	193	0		1	0.270	1.079	
Arginine	•	122	0		1	0.171	0.682	
Histidine	•	078	0		1	0.109	0.436	
Alanine	•	102 223	0		1 1	0.143 0.312	0.570	
Aspartic acid	•	223 608	0		1	0.312	1.247 3.399	
Glutamic acidGlycine	•	065	0		1	0.091	0.363	
Proline	•	272	0		1	0.381	1.520	
Serine	•	157	0		1	0.220	0.878	
Hydroxyproline	•		-					
~ ~1								

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in	100 gram s	Amount in edible portion of common					
				Number				<u>m</u>	easures of fo	<u>od</u>
Nutrients and Units		Mean	Std. Err	of Data or Points		Source (Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		0.7	0	2		1		0.69	0.18	
Energy		378		0	NC	4		374	95	
Energy		1582		0		4		1566	395	
Protein (N x 6.4)		0.0		2		1		0.00	0.00	
Total lipid (fat)		0.7		2		1		0.69	0.18	
Ash		3.2		2		1		3.17	0.80	
Carbohydrate, by difference		95.4		0	NC	4		94.45	23.85	
Fiber, total dietary		0.0		0	FLM	4		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	2	_	1		4		2	1	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	8	1		4		0.08	0.02	
Magnesium, Mg		0		1		4		0	0	
Phosphorus, P		752		2		1		744	188	
Potassium, K	_	8		1.932 12		1		8	2	
Sodium, Na	-	1332		2.979 13 1		1 4		1319	333	
Zinc, Zn	_	0.0		1		4		0.05 0.015	0.01 0.004	
Copper, Cu		0.0		1		4		0.013	0.004	
Selenium, Se		0.8		0		1		0.009	0.002	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.0	01	1		4		0.001	0.000	
Riboflavin	mg	0.0	03	1		4		0.003	0.001	
Niacin	mg	0.0	01	1		4		0.001	0.000	
Pantothenic acid	mg	0.0	06	1		4		0.006	0.002	
Vitamin B-6	mg	0.0	01	1		4		0.001	0.000	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total	_									
Betaine	_									
Vitamin B-12		0.0		1		4		0.01	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene		· ·		-		•		Ü	· ·	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	ug									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.100 0 1 0.099 0.025 4:0......g 0.000 1 1 0.000 0.000 0.000 6:0.....g 0.000 0.000 0.000 0.000 1 1 0.000 8:0.....g 10:0.....g 0.000 1 1 0.000 0.000 0.000 1 0.000 0.000 12:0.....g 1 13:0.....g 0.000 1 1 0.000 0.000 14:0.....g 0.070 1 1 16·0 a 0.069 0.018 17:0.....g 0.030 1 0.030 0.008 18:0.....g 20:0.....g 24:0.....g 0.280 0 1 0.277 0.070 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.000 1 1 0.000 0.000 17:1.....g 0.280 1 18:1 undifferentiated......g 0.277 0.070 20:1.....g 22:1 undifferentiated.....g 24:1 c.....g Fatty acids, total polyunsaturated............g 0.250 0 1 0.248 0.063 18:2 undifferentiated.....g 0.230 1 1 0.228 0.058 18:3 undifferentiated......g 0.020 1 1 0.020 0.005 18:4.....g 20:2 n-6 c,c.....g 20:3 undifferentiated.....g 20:4 undifferentiated......g 20:5 n-3 (EPA)......g 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g Cholesterol....mg 0 1 0 Phytosterols.....mg Amino Acids: 0.000 0 0.000 0.000 Tryptophan.....g 1 0.000 0 1 0.000 0.000 Threonine.....g 0.000 0 1 0.000 Isoleucine.....g 0.000 0.000 0 1 0.000 0.000 Leucine.....g 0.000 0 1 0.000 0.000 Lysine....g Methionine.....g 0.000 0 1 0.000 0.000 0.000 0 1 0.000 0.000 Cystine.....g 0 0.000 Phenylalanine.....g 0.000 1 0.000 0.000 0 1 0.000 0.000 Tyrosine.....g Valine.....g 0.000 0 1 0.000 0.000 0.000 0 1 0.000 0.000 Arginine......g 0 1 Histidine.....g 0.000 0.000 0.000 0.000 0 1 0.000 0.000 Alanine.....g 0.000 0.000 0 1 0.000 Aspartic acid.....g 0.000 0 1 0.000 0.000 Glutamic acid.....g 0 1 0.000 0.000 0.000 Glycine.....g Proline.....g 0.000 0 1 0.000 0.000 0.000 0.000 0.000 0 1 Hydroxyproline.....g Others: Alcohol, ethyl......g 0 Caffeine... _____mg 0

Puddings, lemon, dry mix, instant

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Measure 3

Code

Measure 1

Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

0

food, or similar food.

Common Measures: Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19204 Puddings, lemon, dry mix, instant, prepared with 2% milk

Refuse:0%

		An	ount in 10	u grams	or ean	ole portio	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	<u>od</u>
						Source	Confidence			
Nutrionto and Un	:40	Mean	Std. Error				Code	Magazira 1	Magazira 2	Magaura
Nutrients and Un	its	Wean	Sta. Error	TOINTS	Oode	oout	Oode	Measure 1	Measure 2	Measure
Proximates:										
Water	g	74.1	6	0	RPA	1		5.93	23.73	
Energy	kcal	107		0	RPI	6		9	34	
Energy	kJ	449		0	RPI	6		36	144	
Protein	g	2.7	6	0	RPA	1		0.22	0.88	
Total lipid (fat)	g	1.7	1	0	RPA	1		0.14	0.55	
Ash	g	1.1	6	0	RPA	1		0.09	0.37	
Carbohydrate, by difference	g	20.2	0	0	RPI	6		1.62	6.46	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g									
Starch	g									
Iinerals:										
Calcium, Ca	ma	101		0	RPI	6		8	32	
Calcium, CaIron, Fe	-	0.0	6	0	RPI	6		0.00	0.02	
Iron, Fe Magnesium, Mg		11	·	0	RPI	6		1	4	
Phosphorus, P		207		0	RPA	1		17	4 66	
Potassium, K		130		0	RPA	1		10	41	
Sodium, Na	_	268		0	RPA	1		21	86	
Zinc, Zn	_	0.3	3	0	RPI	6		0.03	0.11	
Copper, Cu	_	0.0		0	RPI	6		0.001	0.003	
Manganese, Mn		0.0		0	RPI	6		0.000	0.001	
Selenium, Se		2.0		0	RPA	1		0.2	0.6	
•										
<u>itamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.8		0	RPI	6		0.1	0.3	
Thiamin		0.0		0	RPI	6		0.003	0.010	
Riboflavin	_	0.1		0	RPI	6		0.011	0.044	
Niacin	_	0.0		0	RPI	6		0.006	0.023	
Pantothenic acid	-	0.2		0	RPI	6		0.021	0.085	
Vitamin B-6	_	0.0 4	36	0	RPI RPI	6 6		0.003 0	0.011 1	
Folate, total Folic acid		0		0	RPI	6		0	0	
Folate, food		4		0	RPI	6		0	1	
Folate, DFE		4		0	NC	4		0	1	
Choline, total		-		·	110	•		Ū	-	
Betaine										
Vitamin B-12	_	0.3	0	0	RPI	6		0.02	0.10	
Vitamin A, RAE		46		0	NC	4		4	15	
Retinol		45		0	RPA	1		4	14	
Carotene, beta		10		0	0	4		1	3	
Carotene, alpha				•	-	-		=	-	
Cryptoxanthin, beta										
Vitamin A, IU		170		0	RPI	6		14	54	
Lycopene									-	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.8		0	RPI	6		0.1	0.3	
Vitamin D	<u>IU</u>	33		0	RPI	6		3	11	
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	ПQ									

	<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in a	dible portion o	of common
			Number					easures of foo	
					Source C	onfidence			_
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 0.9	74	0	RPA	1		0.078	0.312	
4:0	-	51	0	RPA	1		0.004	0.016	
6:0	•		0	RPA	1		0.002	0.010	
8:0	-		0	RPA	1		0.001	0.006	
10:0 12:0	-		0	RPA RPA	1 1		0.003 0.004	0.013 0.014	
13:0	-	±3	U	RPA	1		0.004	0.014	
14:0	-	60	0	RPA	1		0.013	0.051	
15:0	g								
16:0	g 0.4	31	0	RPA	1		0.034	0.138	
17:0	-								
18:0	-	98	0	RPA	1		0.016	0.064	
20:0 22:0	-								
24:0	-								
Fatty acids, total monounsaturated	=	84	0	RPA	1		0.039	0.155	
14:1	g								
15:1	-								
16:1 undifferentiated		36	0	RPA	1		0.003	0.011	
17:1		4.8	0	RPA	1		0.036	0.144	
20:1	-		0	RPA	1		0.000	0.000	
22:1 undifferentiated			0	RPA	1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	g 0.1	01	0	RPA	1		0.008	0.032	
18:2 undifferentiated	-		0	RPA	1		0.006	0.024	
18:3 undifferentiated	•		0	RPA	1		0.002	0.009	
18:4		00	0	RPA	1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated		00	0	RPA	1		0.000	0.000	
20:5 n-3 (EPA)		00	0	RPA	1		0.000	0.000	
21:5	-								
22:4	•								
22:5 n-3 (DPA)	•		0	RPA RPA	1 1		0.000	0.000	
22:6 n-3 (DHA) Fatty acids, total trans	•	00	U	RPA	1		0.000	0.000	
Cholesterol			0	RPI	6		0	2	
Phytosterols	•								
Amino Acids:									
Tryptophan	g 0.0	39	0	RPA	1		0.003	0.012	
Threonine			0	RPA	1		0.010	0.040	
Isoleucine			0	RPA	1		0.013	0.053	
Leucine			0	RPA RPA	1 1		0.022	0.087	
Lysine Methionine			0	RPA	1		0.018 0.006	0.070 0.022	
Cystine	•		0	RPA	1		0.002	0.002	
Phenylalanine	•		0	RPA	1		0.011	0.043	
Tyrosine		34	0	RPA	1		0.011	0.043	
Valine	-		0	RPA	1		0.015	0.059	
Arginine			0	RPA	1		0.008	0.032	
Histidine			0	RPA	1		0.006	0.024	
Alanine	•		0	RPA RPA	1 1		0.008 0.017	0.031	
Aspartic acidGlutamic acid	•		0	RPA	1		0.017	0.067 0.185	
Glycine	•		0	RPA	1		0.005	0.019	
Proline	•		0	RPA	1		0.021	0.086	
Serine		50	0	RPA	1		0.012	0.048	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.0		0	RPI	6		0.0	0.0	
Caffeine	-		0	RPI	6		0	0	
Theobromine	mg 0		0	RPI	6		0	0	

Puddings, lemon, dry mix, instant, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.0g: 1 serving Measure 2 = 32g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19331 Puddings, lemon, dry mix, instant, prepared with whole milk

Refuse:0%

		<u>An</u>	ount in 10	0 grams	of edil	ble portion	<u>on</u>	Amount in e	edible portion	of common
				Number					easures of fo	
						Source	Confidence			_
Nutrients and U	Jnits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	73.2	0	0		1		107.60	429.68	
	-	115	.0	0	NC	4		169	429.68 675	
Energy		481		0	NC	4		707		
Energy			0	0		1			2824	
Protein		2.7		0		1		3.97 4.26	15.85	
Total lipid (fat)	_	2.9		0		1			17.02	
Ash	-	1.1		-				1.62	6.46	
Carbohydrate, by difference		20.1		0	NC	4		29.55	117.99	
Fiber, total dietary		0.0		U		4		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	99		0		1		146	581	
Iron, Fe	mg	0.0	6	0		1		0.09	0.35	
Magnesium, Mg	mg	11		0		1		16	65	
Phosphorus, P	mg	205		0		1		301	1203	
Potassium, K	mg	127		0		1		187	745	
Sodium, Na	-	267		0		1		392	1567	
Zinc, Zn	-	0.3		0		1		0.47	1.88	
Copper, Cu		0.0		0		1		0.016	0.065	
Manganese, Mn	• • • • • • • • • • • • • • • • • • • •	0.0		0		1		0.004	0.018	
Selenium, Se	µg	1.8		0	BFZN	4		2.6	10.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	_	0.0		0		1		0.047	0.188	
Riboflavin	-	0.1		0		1		0.198	0.792	
Niacin	=	0.0		0		1		0.103	0.411	
Pantothenic acid	-	0.2		0		1		0.385	1.538	
Vitamin B-6	=	0.0	35	0		1		0.051	0.205	
Folate, total		4		0	_	1		6	23	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		1		6	23	
Folate, DFE		4		0	NC	4		6	23	
Choline, total	• • • • • • • • • • • • • • • • • • • •									
Betaine		0.3	0	•		-		0.44	1.50	
Vitamin B-12			U	0	wa	1			1.76	
Vitamin A, RAE Retinol		24 23		0	NC O	4 4		36 34	144 136	
		15		0	0	4		22	88	
Carotene, beta		15		U	U	-		22	00	
Carotene, alpha										
Cryptoxanthin, beta Vitamin A, IU		105		0		1		154	616	
		103		U		_		134	910	
Lycopene Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										

Lipids:

	Ar	nount in 1	00 grams	of edil	ole porti	<u>on</u>	Amount in e	dible portion o	of common
			Number					easures of foo	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 1.	740	0		1		2.558	10.214	
4:0	•	090	0		1		0.132	0.528	
6:0	•	050	0		1		0.074	0.294	
8:0	•	030	0		1		0.044	0.176	
10:0	=	070	0		1		0.103	0.411	
12:0	=	080	0		1		0.118	0.470	
13:0	-	200	0		1		0.406	1 500	
14:0	=	290	U		1		0.426	1.702	
15:0 16:0	=	770	0		1		1.132	4.520	
17:0	· ·	, , ,	U		_		1.132	4.520	
18:0	-	360	0		1		0.529	2.113	
20:0	=	300	·		_		0.525	2.113	
22:0									
24:0	•								
Fatty acids, total monounsaturated	•	350	0		1		1.250	4.990	
14:1	g								
15:1	g								
16:1 undifferentiated	g 0.0	070	0		1		0.103	0.411	
17:1	g								
18:1 undifferentiated		780	0		1		1.147	4.579	
20:1									
22:1 undifferentiated	g								
24:1 c									
Fatty acids, total polyunsaturated	· ·	L50	0		1		0.221	0.881	
18:2 undifferentiated	.0	100	0		1		0.147	0.587	
18:3 undifferentiated	=	050	0		1		0.074	0.294	
18:4	=								
20:2 n-6 c,c	=								
20:3 undifferentiated	=	000	0		1		0.000	0.000	
20:4 undifferentiated 20:5 n-3 (EPA)		500	U		1		0.000	0.000	
20:5 II-5 (EPA)	=								
22:4	=								
22:5 n-3 (DPA)	=								
22:6 n-3 (DHA)	-								
Fatty acids, total trans	•								
Cholesterol			0		1		16	65	
Phytosterols	mg 0		0		1		0	0	
Amino Acids:									
Tryptophan	•	036	0		1		0.053	0.211	
Threonine		L17	0		1		0.172	0.687	
Isoleucine	•	158	0		1		0.232	0.927	
Leucine	•	255	0		1		0.375	1.497	
Lysine	•	207	0		1		0.304	1.215	
Methionine	•	065	0		1		0.096	0.382	
Cystine	•	024	0		1		0.035	0.141	
Phenylalanine	•	L26	0		1		0.185	0.740	
Tyrosine	•	L26	0		1		0.185	0.740	
Valine	•	L74	0		1		0.256	1.021	
Arginine	•	094	0		1 1		0.138	0.552	
Histidine	•	071	0		1		0.104	0.417	
Alanine	•)90 L98	0		1		0.132 0.291	0.528	
Aspartic acid	•	545	0		1		0.291	1.162 3.199	
Glucino	•)55	0		1		0.801	0.323	
GlycineProline	•	252	0		1		0.081	1.479	
Serine	•	232 L41	0		1		0.207	0.828	
Hydroxyproline	•		J		-		0.207	0.020	
ттуатолургонис	. 3								

Puddings, lemon, dry mix, instant, prepared with whole milk

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion		Amount in e	dible portion	of common
				Number					easures of foo	
						C C-	6:	_		
						Source Co	Code			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	5.2	0	2		1		4.42	1.09	
Energy		363		0	NC	4		309	76	
Energy	kJ	1519		0		4		1291	319	
Protein (N x 6.25)	g	0.1	0	2		1		0.09	0.02	
Total lipid (fat)	g	0.5	0	1		4		0.43	0.11	
Ash	g	2.4	0	2		1		2.04	0.50	
Carbohydrate, by difference	g	91.8	0	0	NC	4		78.03	19.28	
Fiber, total dietary		0.1		0	FLM	4		0.1	0.0	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca		5		1		4		4	1	
Iron, Fe	-	0.1	7	1		4		0.14	0.04	
Magnesium, Mg		4		1		4		3	1	
Phosphorus, P	-	3		1		4		3	1	
Potassium, K	-	5		1		4		4	1	
Sodium, Na		506	_	1		4		430	106	
Zinc, Zn	-	0.0		1		4 4		0.02	0.00	
Copper, Cu	-	0.0		1 1		4		0.020 0.021	0.005 0.005	
Manganese, Mn Selenium, Se		1.1	4 5	0	BFFN	4		0.021	0.005	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	_	0.0	05	1		4		0.004	0.001	
Riboflavin		0.0	24	1		4		0.020	0.005	
Niacin	-	0.0	19	1		4		0.016	0.004	
Pantothenic acid	mg	0.0	30	1		4		0.026	0.006	
Vitamin B-6		0.0	05	1		4		0.004	0.001	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1		4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.0	0	1		4		0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta				_				_		
Vitamin A, IU		0		1		4		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u>An</u>	nount in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean	Std. Error			Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated									
Fatty acids, total monounsaturatedg									
Fatty acids, total polyunsaturated									
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.0	000	0		1		0.000	0.000	
Threonineg	0.0	002	0		1		0.002	0.000	
Isoleucineg	0.0	002	0		1		0.002	0.000	
Leucineg	0.0	80	0		1		0.007	0.002	
Lysineg	0.0	001	0		1		0.001	0.000	
Methionineg	0.0	001	0		1		0.001	0.000	
Cystineg	0.0	001	0		1		0.001	0.000	
Phenylalanineg	0.0	003	0		1		0.003	0.001	
Tyrosineg	0.0	002	0		1		0.002	0.000	
Valineg	0.0	003	0		1		0.003	0.001	
Arginineg	0.0	003	0		1		0.003	0.001	
Histidineg	0.0	002	0		1		0.002	0.000	
Alanineg	0.0	004	0		1		0.003	0.001	
Aspartic acidg	0.0	004	0		1		0.003	0.001	
Glutamic acidg	0.0	11	0		1		0.009	0.002	
Glycineg	0.0	002	0		1		0.002	0.000	
Prolineg	0.0	005	0		1		0.004	0.001	
Serineg	0.0	002	0		1		0.002	0.000	
Hydroxyprolineg									
Others:									
Alcohol, ethylg									
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19708 Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

Refuse:0%

Menaquinone-4.....µg

Lipids:

		<u>Am</u>	ount in 10	0 grams	of edib	le portion	<u>1</u>	Amount in e	dible portion	of common
				Number						
						Source Co	onfidence			
Nutrients and Un	its	Mean	Std. Error		data Deriv Source Confidence	Measure 3				
Proximates:										
Water	-	5.2	0							
Energy		366		0	NC					
Energy		1531				· -				
Protein (N x 6.25)		0.1	.0			1			0.02	
Total lipid (fat)	g	1.5	0	0		1		1.28	0.32	
Ash	g	2.4	0	2		1		2.04	0.50	
Carbohydrate, by difference	g	90.3	0	0	NC	4		76.76	18.96	
Fiber, total dietary	g	0.1		0	BFZN	4		0.1	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
	m.c									
Calcium, Ca	_	^ -	7	-		4		0 14	0.04	
Iron, Fe	_	0.1	. ,							
Magnesium, Mg		4				· -				
Phosphorus, P		3				· -				
Potassium, K	_	257		-		_				
Sodium, Na	_	849	•	-		_				
Zinc, Zn	_	0.0				=				
Copper, Cu	•	0.0				· -				
Manganese, Mn	_	0.0				=				
Selenium, Se	µg	0.7		Ü	RA	4		0.6	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.0	05	1		4		0.004	0.001	
Riboflavin	mg	0.0	24	1		4		0.020	0.005	
Niacin	mg	0.0	19	1		4		0.016	0.004	
Pantothenic acid	mg	0.0	30	1		4		0.026	0.006	
Vitamin B-6	_	0.0	05	1		4		0.004	0.001	
Folate, total	_	0		1		4		0		
Folic acid		0		0	Z	7		0	0	
Folate, food		0		1		4				
Folate, DFE		0			NC					
Choline, total								· ·	·	
Betaine	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-12		0.0	0	1		4		0.00	0.00	
Vitamin A, RAE		0	•		ΔS					
Retinol		0								
Carotene, beta		· ·		·	-	,		· ·	· ·	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene		· ·		_		-		v	J	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocoprierol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D (D2 + D3) Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									

	<u>Am</u>	ount in 1	00 grams	of edik	ole portion		Amount in edible portion of common			
			Number				me	easures of foo	d	
Nutrients and Units	Mean	Std. Erro	of Data _r Points		Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated		0	0		1		0.230	0.057		
4:0	g g g									
13:0	g g 0. 00	0	1		1		0.000	0.000		
16:0 17:0	g 0.21 g		0		1		0.179	0.044		
18:0	g g	U	0		1		0.043	0.011		
24:0 Fatty acids, total monounsaturated	g 0.44 g	0	0		1		0.374	0.092		
16:1 undifferentiated	g 0.01 g		1		1		0.009	0.002		
18:1 undifferentiated	g g	O	0		1		0.374	0.092		
Fatty acids, total polyunsaturated	g 0.72		0		1 1		0.612 0.578	0.151 0.143		
18:3 undifferentiated	g	0	0		1		0.034	0.008		
20:2 in-0 cc	g g									
21:5	g g									
22:6 n-3 (DHA) Fatty acids, total trans Cholesterol	g g		1		4		0	0		
Phytosterols Amino Acids:	mg									
Tryptophan	g 0.00	0	0		1		0.000	0.000		
Threonine			0		1		0.002	0.000		
Isoleucine	=		0		1 1		0.002 0.007	0.000 0.002		
Lysine	•		0		1		0.001	0.000		
Methionine		1	0		1		0.001	0.000		
Cystine			0		1		0.001	0.000		
Phenylalanine			0		1		0.003	0.001		
Tyrosine			0		1 1		0.002	0.000		
Valine	-		0		1		0.003 0.003	0.001 0.001		
Histidine	•		0		1		0.003	0.000		
Alanine	•		0		1		0.003	0.001		
Aspartic acid	0		0		1		0.003	0.001		
Glutamic acid		1	0		1		0.009	0.002		
Glycine			0		1		0.002	0.000		
Proline	=		0		1		0.004	0.001		
Serine	=	2	0		1		0.002	0.000		
Hydroxyproline Others:	y									
Alcohol, ethyl	-									
Caffeine	=		0	Z	7		0	0		
Theobromine	mg 0		0	Z	7		0	0		

Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

Dihydrophylloquinone.....µg
Menaquinone-4....µg

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion	<u>!</u>	Amount in e	dible portion	of common
				Number					easures of foo	
						Source Co	onfidence			
Nutrients and U	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	а	4.8	0	1		4		5.09	1.30	
Energy	-	376	•	0		4		399	102	
Energy		1573		0		4		1668	425	
Protein (N x 6)		2.7	0	1		4		2.86	0.73	
, ,	-					4				
Total lipid (fat)	-	0.1		1		=		0.11	0.03	
Ash		1.1		1		4		1.17	0.30	
Carbohydrate, by difference		91.2		0	NC	4		96.67	24.62	
Fiber, total dietary	g	0.7		0	FLM	4		0.7	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	_	14		1		4		15	4	
Iron, Fe	mg	1.7	9	1		4		1.90	0.48	
Magnesium, Mg	mg	8		1		4		8	2	
Phosphorus, P	mg	39		1		4		41	11	
Potassium, K	mg	5		1		4		5	1	
Sodium, Na	<u>mg</u>	366		1		4		388	99	
Zinc, Zn	mg	0.3	1	1		1		0.33	0.08	
Copper, Cu	mg	0.0	62	1		4		0.066	0.017	
Manganese, Mn	mg	0.3	00	1		4		0.318	0.081	
Selenium, Se	µg	0.5		0	FLM	4		0.5	0.1	
Vitamins:_										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.2	48	1		4		0.263	0.067	
Riboflavin	mg	0.0	12	1		4		0.013	0.003	
Niacin	mg	2.0	13	1		4		2.134	0.544	
Pantothenic acid	mg	0.1	08	1		4		0.114	0.029	
Vitamin B-6	mg	0.0	13	1		4		0.014	0.004	
Folate, total	μq	1		1		4		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		1		4		1	0	
Folate, DFE		1		0	NC	4		1	0	
Choline, total								_	·	
Betaine	_									
Vitamin B-12	_	0.0	0	1		4		0.00	0.00	
Vitamin B-12. added		0.0		0	z	7		0.00	0.00	
Vitamin B-12, added		0	•	0	AS	1		0	0	
Retinol		0		0	7.	7		0	0	
		U		U	2	,		U	U	
Carotene, beta Carotene, alpha										
Cryptoxanthin, beta		0		1		4		0	•	
Vitamin A, IU		U		1		4		U	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	JU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	ua									

NDB No. 19194 Puddings, rice, dry mix

		Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error		 ource Confide Code Code		Measure 2	Measure 3
Lipids: Fatty acids, total saturated							
Fatty acids, total polyulisaturated	0		1	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 package

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source (Confidence			
Nutrients and Ur	Nutrients and Units	Std. Error				Code	Measure 1	Measure 2	Measure :	
Proximates:										
	g	73.4	3	0	RP	4		93.99		
		111		0	RP	4		142		
		465		0	RP	4		595		
Protein		3.2	9	0	RP	4		4.21		
Total lipid (fat)	g	1.6	3	0	RP	4		2.08		
Ash	g	0.8	2	0	RP	4		1.05		
Carbohydrate, by difference	g	20.8	1	0	RP	4		26.64		
Fiber, total dietary	g	0.1		0	RP	4		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
	ma	105		0	RP	4		134		
*	-	0.3	7	0	RP	4		0.48		
	-	13		0	RP	4		17		
Phosphorus, P	mg	87		0	RP	4		111		
,	-			0	RP	4		167		
,	-		_	0	RP	4		140		
,				0	RP	4		0.49		
••				0	RP RP	4 4		0.023 0.073		
		1.9		0	RP	4		2.5		
,				·		=				
<u>Vitamins:</u>										
	-			0	RP	4		0.9		
	-			0	RP RP	4 4		0.096		
	-			0	RP RP	4		0.180 0.566		
	-	0.2		0	RP	4		0.369		
	-	0.0		0	RP	4		0.045		
	-			0	RP	4		5		
		0		0	RP	4		0		
Folate, food	µg	4		0	RP	4		5		
Folate, DFE	µg	4		0	NC	4		5		
,										
		0.2	4	0	RP	4		0.31		
,				0	NC RP	4 4		59 58		
				0	RP O	4		58 13		
		10		U	J	*		13		
• •										
		172		0	RP	4		220		
· · · · · · · · · · · · · · · · · · ·										
, i										
•										
•										
· •										
, 0	-									
		0.8		0	RP	4		1.1		
				0	RP	4		43		
Dihydrophylloquinone	µg									
	ПQ									

	An	ount in	100 grams	of edi	ble portion	<u>1</u>	Amount in e	dible portion o	of common
			Number					easures of foo	•
					Source C	onfidence			
Nutrients and Units	Mean	Std. Err	or Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated			0	RP	4		1.237		
4:0 6:0	=		0	RP RP	4 4		0.067 0.040		
8:0	=		0	RP	4		0.023		
10:0	-		0	RP	4		0.052		
12:0			0	RP	4		0.058		
13:0	g								
14:0	=	.62	0	RP	4		0.207		
15:0	=	••							
16:0 17:0	=	:23	0	RP	4		0.542		
18:0	•	95	0	RP	4		0.250		
20:0	•	.,,,	·	141	-		0.250		
22:0	-								
24:0	•								
Fatty acids, total monounsaturated	•	41	0	RP	4		0.564		
14:1									
15:1	-	36	0	RP	4		0.046		
17:1		30	·	K	-		0.040		
18:1 undifferentiated	-	:05	0	RP	4		0.518		
20:1	g 0.0	00	0	RP	4		0.000		
22:1 undifferentiated	g 0.0	00	0	RP	4		0.000		
24:1 c	=		_						
Fatty acids, total polyunsaturated			0	RP	4		0.076		
18:2 undifferentiated	-		0	RP RP	4 4		0.046 0.030		
18:4	=		0	RP	4		0.000		
20:2 n-6 c,c			·		-				
20:3 undifferentiated									
20:4 undifferentiated	g 0.0	00	0	RP	4		0.000		
20:5 n-3 (EPA)		00	0	RP	4		0.000		
21:5	-								
22:4	•	100	0	RP	4		0.000		
22:6 n-3 (DHA)			0	RP	4		0.000		
Fatty acids, total trans	•								
Cholesterol	mg 6		0	RP	4		8		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.0	39	0	RP	4		0.050		
Threonine	g 0.1	.26	0	RP	4		0.161		
Isoleucine	-		0	RP	4		0.216		
Leucine			0	RP	4		0.350		
Lysine			0	RP RP	4 4		0.283		
Methionine	•		0	RP	4		0.090 0.033		
Phenylalanine	•		0	RP	4		0.173		
Tyrosine			0	RP	4		0.173		
Valine	g 0.1	.87	0	RP	4		0.239		
Arginine			0	RP	4		0.130		
Histidine			0	RP	4		0.097		
Alanine	-		0	RP	4		0.123		
Aspartic acid	=		0	RP RP	4 4		0.272 0.748		
Glycine			0	RP RP	4		0.748		
Proline	•		0	RP	4		0.347		
Serine	•		0	RP	4		0.194		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.0		0	RP	4		0.0		
Caffeine	mg 0		0	RP	4		0		
Theobromine	mg 0		0	RP	4		0		

Puddings, rice, dry mix, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Nutrients and Units

Std. Error Points Code Code Code Mean

Measure 1

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: .5 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	or edi	oie porti	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	od_
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	72.42	2	0	RP	4		92.70		
Energy	kcal	121		0	RP	4		155		
Energy	kJ	507		0	RP	4		649		
Protein	g	3.2	5	0	RP	4		4.17		
Total lipid (fat)	g	2.83	2	0	RP	4		3.61		
Ash	g	0.83	1	0	RP	4		1.03		
Carbohydrate, by difference	g	20.68	3	0	RP	4		26.48		
Fiber, total dietary	g	0.1		0	RP	4		0.2		
Sugars, total	g									
Starch	g									
Ainavala.										
Minerals:	ma	103		0	ממ	4		131		
Calcium, Ca	-	0.3	7	0	RP RP	4		0.48		
Iron, Fe		13	,	0	RP RP	4		0.48 16		
Magnesium, Mg		85		0	RP	4		109		
Phosphorus, P Potassium, K		128		0	RP	4		164		
Sodium, Na	-	108		0	RP	4		139		
Zinc, Zn	-	0.38		0	RP	4		0.48		
,	-	0.0		0	RP	4		0.025		
Copper, Cu Manganese, Mn		0.0		0	RP	4		0.025		
Selenium, Se	-	1.8		0	RP	4		2.3		
Selemum, Se	P9	1.0		Ū	K	-		2.5		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4		0.9		
Thiamin	mg	0.0	74	0	RP	4		0.095		
Riboflavin	mg	0.1	38	0	RP	4		0.177		
Niacin	mg	0.4	41	0	RP	4		0.564		
Pantothenic acid	mg	0.28	33	0	RP	4		0.362		
Vitamin B-6	mg	0.0	34	0	RP	4		0.044		
Folate, total	µg	4		0	RP	4		5		
Folic acid	µg	0		0	RP	4		0		
Folate, food	µg	4		0	RP	4		5		
Folate, DFE		4		0	NC	4		5		
Choline, total	mg									
Betaine	-									
Vitamin B-12	µg	0.24	4	0	RP	4		0.31		
Vitamin A, RAE		29		0	NC	4		37		
Retinol		28		0	RP	4		36		
Carotene, beta	µg	15		0	0	4		19		
Carotene, alpha										
Cryptoxanthin, beta	µg									
Vitamin A, IU	<u>JU</u>	115		0	0	4		147		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	0.8		0	RP	4		1.1		
Vitamin D	<u>I</u> U	34		0	RP	4		43		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
	µg									

	<u>Am</u>	ount in 10	0 gram s	of edi	Amount in edible portion of common				
			Number					easures of foo	
					Source C	onfidence			<u> </u>
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	1.68		0	RP	4		2.153		
4:0g 6:0	0.09		0	RP RP	4 4		0.116		
8:0g	0.03		0	RP RP	4		0.069 0.040		
10:0g	0.03		0	RP	4		0.090		
12:0g	0.07		0	RP	4		0.101		
13:0g									
14:0g	0.28	12	0	RP	4		0.360		
15:0g									
16:0g	0.73	17	0	RP	4		0.943		
17:0g									
18:0g	0.33	19	0	RP	4		0.434		
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	0.76	:7	0	RP	4		0.982		
14:1g	0.70	,	U	KF	-		0.982		
15:1g									
16:1 undifferentiated	0.06	3	0	RP	4		0.080		
17:1g									
18:1 undifferentiatedg	0.70	4	0	RP	4		0.901		
20:1g	0.00	0	0	RP	4		0.000		
22:1 undifferentiated	0.00	0	0	RP	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.10		0	RP	4		0.133		
18:2 undifferentiated	0.06		0 0	RP	4		0.080		
18:3 undifferentiated	0.04		0	RP RP	4 4		0.053 0.000		
20:2 n-6 c,cg	0.00	10	U	RP	*		0.000		
20:3 undifferentiatedg									
20:4 undifferentiated	0.00	0	0	RP	4		0.000		
20:5 n-3 (EPA)g	0.00	0	0	RP	4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00		0	RP	4		0.000		
22:6 n-3 (DHA)g	0.00	0	0	RP	4		0.000		
Fatty acids, total transg			•				1-		
Cholesterol mg	11 0		0	RP RP	4 4		15		
Phytosterolsmg	U		U	RP	4		0		
Amino Acids:									
Tryptophang	0.03	19	0	RP	4		0.049		
Threonineg	0.12		0	RP	4		0.160		
Isoleucineg	0.16		0	RP	4		0.213		
Leucineg	0.27		0	RP	4		0.345		
Lysine	0.21		0	RP	4		0.280		
Methionineg	0.07		0	RP	4 4		0.089		
Cystine	0.02 0.13		0	RP RP	4		0.032 0.171		
Tyrosineg	0.13		0	RP	4		0.171		
Valineg	0.18		0	RP	4		0.236		
Arginine	0.10		0	RP	4		0.128		
Histidineg	0.07		0	RP	4		0.095		
Alanineg	0.09	5	0	RP	4		0.121		
Aspartic acidg	0.21	.0	0	RP	4		0.268		
Glutamic acidg	0.57		0	RP	4		0.739		
Glycineg	0.05		0	RP	4		0.075		
Prolineg	0.26		0	RP	4		0.342		
Serineg	0.15	0	0	RP	4		0.192		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	RP	4		0.0		
Caffeinemg	0		0	RP	4		0		
Theobrominemg	0		0	RP	4		0		

Puddings, rice, dry mix, prepared with whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Nutrients and Units

Std. Error Points Code Code

Code

Measure 1

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: .5 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		Amou	<u>ınt in 100 g</u>	rams	of edi	ble portion		Amount in e	dible portion	of common
			Nu	m be i	r				easures of foo	
						Source Co	nfidence			
Nutrients and l	Jnits	Mean S	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	75.15	0.148	6	A	1		84.92	21.31	106.72
Energy		108		0	NC	4		122	31	153
Energy		451		0	NC	4		510	128	640
Protein (N x 6.25)		3.23	0.021	6	A	1		3.65	0.92	4.58
Total lipid (fat)		2.15	0.275	6	A	1		2.43	0.61	3.06
Ash		0.78	0.012	6	A	1		0.89	0.22	1.11
Carbohydrate, by difference	-	18.39		0	NC	4		20.78	5.21	26.12
Fiber, total dietary		0.3		1	A	1		0.4	0.1	0.5
Sugars, total		11.59	0.161	3	A	1		13.10	3.29	16.46
Sucrose		8.07	0.088		A	1		9.12	2.29	11.45
Glucose (dextrose)		0.09	0.009		A	1		0.10	0.03	0.13
		0.00	0.000		A	1		0.00	0.00	0.00
Fructose	9	3.43	0.067		A	1		3.88	0.00	4.88
Lactose		0.00	0.007		A	1		0.00	0.00	0.00
Maltose		0.00	0.000		A	1		0.00	0.00	0.00
Galactose		7.43	1.713		A	1		8.40	2.11	10.56
Starcii	9	7.13	1.713	3	A	-		0.40	2.11	10.50
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	95	0.863		A	1		107	27	135
Iron, Fe		0.11		0	FLC	4		0.13	0.03	0.16
Magnesium, Mg	-	8		1		4		9	2	11
Phosphorus, P		82	0.579		A	1		92	23	116
Potassium, K		125	0.422		A	1		142	36	178
Sodium, Na		97	0.880		A	1		110	28	138
Zinc, Zn		0.43	0.005		A	1		0.48	0.12	0.60
Copper, Cu		0.023	0.001		A	1		0.026	0.006	0.03
Manganese, Mn		0.077 3.2	0.001	6 2	A A	1 1		0.087 3.7	0.022 0.9	0.10 4.6
Selenium, Se	µg	3.2		2	A	1		3.7	0.9	4.0
Vitamins:										
Vitamin C, total ascorbic acid	-	1.3		1	A	1		1.5	0.4	1.8
Thiamin	-	0.027	0.003		A	1		0.030	0.008	0.03
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.183	0.003		A	1		0.207	0.052	0.26
Niacin	-	0.217	0.003		A	1		0.245	0.061	0.30
Pantothenic acid	•	0.540		2	A	1		0.610	0.153	0.76
Vitamin B-6		0.052	0.005		A	1		0.059	0.015	0.07
Folate, total		4		0	FLC	4		5	1	6
Folic acid		0		0	FLC	4		0	0	0
Folate, food		4		0	FLC	4		5	1	6
Folate, DFE		4		0	NC	4		5	1	6
Choline, total	-	7.8		0	A	1		8.8	2.2	11.1
Betaine	-			_	_	_				
Vitamin B-12		0.15	0.015		A	1		0.17	0.04	0.21
Vitamin B-12, added		0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE		19		0	NC	4		21	5	27
Retinol		19		1	A	1		21	5	27
Carotene, beta		4		0	FLC	4		4	1	5
Carotene, alpha		0		0	FLC	4		0	0	0
Cryptoxanthin, beta		0		0	FLC	4		0	0	0
Vitamin A, IU		69		0	NC	4		77	19	97
Lycopene		0		0	FLC	4		0	0	0
Lutein + zeaxanthin		9		0	FLC	4		10	2	12
Vitamin E (alpha-tocopherol)		0.07		0	FLC	4		0.08	0.02	0.10
Vitamin E, added		0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00		1	A	1 1		0.00	0.00	0.00
Tocotrienol, alpha				1	A				0.00	

	<u>A</u>	mount in 1	00 gran	ns of ed	ible portion	Amount in 6	edible portion (of common
			Numb	er			easures of foo	
			of Da	ta Deriv	Source Confider	nce		_
Nutrients and Units	Mean	Std. Erro	or Poin	ts Code	Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng o	.00	1	L A	1	0.00	0.00	0.00
Tocotrienol, delta	. 0	.00	1		1	0.00	0.00	0.00
Vitamin D (D2 + D3)		. 0	() NR	4	0.0	0.0	0.0
Vitamin D2 (ergocalciferol)µ Vitamin D3 (cholecalciferol)µ								
Vitamin D	-		() NR	4	0	0	0
Vitamin K (phylloquinone)		. 2	(FLC	4	0.2	0.0	0.2
Dihydrophylloquinone								
Menaquinone-4	g							
Lipids:								
Fatty acids, total saturatedg	!	208	(4	1.365	0.342	1.716
4:0g	•		.003		1	0.049	0.012	0.061
6:0g	•		.002 3 .001 3		1 1	0.033	0.008	0.042 0.027
8:0	•		0.004 3		1	0.022 0.065	0.005 0.016	0.027
12:0g	•		.004 3		1	0.064	0.016	0.082
13:0	!	000	(4	0.000	0.000	0.000
14:0g		185 0	.013 3	B A	1	0.209	0.053	0.263
15:0g	0.	021 0	.001 3	B A	1	0.023	0.006	0.029
16:0g			.051 3		1	0.666	0.167	0.837
17:0g			.001 3		1	0.013	0.003	0.016
18:0g			.006 3 .000 3		1 1	0.215 0.004	0.054 0.001	0.270 0.005
20:0			0.001		1	0.004	0.001	0.005
24:0			.000		1	0.002	0.000	0.000
Fatty acids, total monounsaturatedg		556	(4	0.628	0.158	0.790
14:1g		019 0	.002	B A	1	0.021	0.005	0.027
15:1g	0.	.000	.000	B A	1	0.000	0.000	0.000
16:1 undifferentiatedg			.004		1	0.039	0.010	0.049
16:1 cg			.003 3		1	0.032	0.008	0.041
16:1 t9 17:19	•		0.001 3 0.000 3		1 1	0.007 0.005	0.002 0.001	0.008 0.006
18:1 undifferentiated	•		.022		1	0.555	0.139	0.698
18:1 c	•		.020		1	0.514	0.129	0.646
18:1 tg	0.	.037 0	.002 3	B A	1	0.042	0.010	0.052
18:1-11 t (18:1t n-7)g								
20:1g			.000		1	0.005	0.001	0.006
22:1 undifferentiatedg			.000 3		1 1	0.000	0.000	0.000
22:1 c			.000 3		1	0.000 0.000	0.000 0.000	0.000
24:1 c9			.003		1	0.003	0.001	0.004
Fatty acids, total polyunsaturated9		129	(4	0.146	0.037	0.184
18:2 undifferentiatedg	0.	113 0	.004 3	AS	1	0.128	0.032	0.160
18:2 n-6 c,c9			.003		1	0.105	0.026	0.132
18:2 CLAs		.009 0	.001 3	3 A	1	0.010	0.002	0.012
18:2 t,tg								
18:2 ig 18:2 t not further definedg		.011 0	.000 3	3 A	1	0.013	0.003	0.016
18:3 undifferentiatedg			.001 3		1	0.009	0.002	0.011
18:3 n-3 c,c,c (ALA)		.008	.001 3	B A	1	0.009	0.002	0.011
18:3 n-6 c,c,cg	0.	.000	.000	B A	1	0.000	0.000	0.000
18:3ig			.000		1	0.000	0.000	0.000
18:4g			0.000		1	0.000	0.000	0.000
20:2 n-6 c,c			0.000 3 0.000 3		1 1	0.000 0.004	0.000 0.001	0.000 0.005
20:3 undifferentiated9			.000 3		1	0.000	0.001	0.000
20:3 n-69			.000		1	0.004	0.001	0.005
20:4 undifferentiatedg			.000	B A	1	0.006	0.001	0.007
20:4 n-6g								
20:5 n-3 (EPA)g		.000 0	.000	B A	1	0.000	0.000	0.000
21:5g 22:4g		000 ~	.000 3	, ,	1	0.000	0.000	0.000
22:5 n-3 (DPA)g			0.000 3 0.000 3		1 1	0.000	0.000	0.000
22.0 11 0 (2111)	,	•			=	3.330	3.330	2.223

Puddings, rice, ready-to-eat

	Amoun	nt in 100 g	rams	s of edi	ble portio	<u>on</u>	Amount in edible portion of common			
		Nu	m be	r			<u>m</u>	easures of foo	<u>od</u>	
Nutrients and Units	Mean Std	of Error Po				Confidence Code	Measure 1	Measure 2	Measure 3	
22:6 n-3 (DHA)g	0.000	0.000	3	A	1		0.000	0.000	0.000	
Fatty acids, total transg	0.054		0	NC	4		0.061	0.015	0.077	
Fatty acids, total trans-monoenoicg	0.043		0	NC	4		0.049	0.012	0.061	
Fatty acids, total trans-polyenoicg	0.011		0	NC	4		0.013	0.003	0.016	
Cholesterolmg	12	0.433	3	A	1		14	3	17	
Phytosterolsmg										
Others:										
Alcohol, ethyl	0.3		0	FLC	4		0.3	0.1	0.4	
Caffeinemg	0		0	FLC	4		0	0	0	
Theobrominemg	0		0	FLC	4		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 serving 4 oz pudding cup

Measure 2 = 28.35g: 1 oz Measure 3 = 142g: 1 can (5 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	00 grams	of edil	ole portion	Amount in e	dible portion	of common
				Number				easures of fo	
						Source Confidence	1		
Nutrients and U	Jnits	Mean	Std. Erro				Measure 1	Measure 2	Measure
roximates:						_			
Water		4.00	0.	.043 6		1	3.68	0.92	
Energy		369		0		4	339	85	
Energy		1544		0		4	1420	355	
Protein (N x 6.25)		0.10		0		4	0.09	0.02	
Total lipid (fat)	g	0.10		0		4	0.09	0.02	
Ash	_	1.40	0.	.040 6		1	1.29	0.32	
Carbohydrate, by difference	g	94.30		0	NC	4	86.76	21.69	
Fiber, total dietary	g	0.2		0	FLM	4	0.2	0.0	
Sugars, total	g	65.00	1	0	LC	8	59.80	14.95	
Starch	g								
<u> </u>									
Calcium, Ca	-	4		0		4	4	1	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.12	1	0		4	0.11	0.03	
Magnesium, Mg		2		0		4	2	0	
Phosphorus, P		4		0		4	4	1	
Potassium, K	•	5		0		4	5	1	
Sodium, Na	-	477		0		4	439 0.07	110 0.02	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.08		0		4	0.07	0.02	
Copper, Cu		0.02		0		4	0.027	0.007	
Manganese, Mn Selenium, Se		0.03	3	0	FLM	4	0.030	0.008	
ŕ		0.5		ŭ		-	•••	0.2	
<u>'itamins:</u> Vitamin C, total ascorbic acid	mg	0.0		0		4	0.0	0.0	
Thiamin	_	0.00	1	0		4	0.001	0.000	
Riboflavin	mg	0.00	6	0		4	0.006	0.001	
Niacin	mg	0.00	4	0		4	0.004	0.001	
Pantothenic acid	mg	0.01	.5	0		4	0.014	0.003	
Vitamin B-6	mg	0.00	1	0	FLM	4	0.001	0.000	
Folate, total	µg	0		0		4	0	0	
Folic acid	µg	0		0	Z	7	0	0	
Folate, food	µg	0		0		4	0	0	
Folate, DFE	µg	0		0	NC	4	0	0	
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg	0.00		0		4	0.00	0.00	
Vitamin B-12, added	µg	0.00	1	0	Z	7	0.00	0.00	
Vitamin A, RAE		0		0	AS	1	0	0	
Retinol	µg	0		0	Z	7	0	0	
Carotene, beta									
Carotene, alpha									
Cryptoxanthin, beta									
Vitamin A, IU	IU	0		0		4	0	0	
Lycopene									
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Γocopherol, beta									
Tocopherol, gamma									
Γocopherol, delta									
Γocotrienol, alpha									
Tocotrienol, beta									
Γocotrienol, gamma									
Tocotrienol, delta				_	_	-			
Vitamin D (D2 + D3)		0.0		0	Z	7	0.0	0.0	
Vitamin D		0			Z	7	0	0	
Vitamin K (phylloquinone)									
Dihydrophylloquinone	µg								

	Amount in	100 grams of edi		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Er	of Data Deriv ror Points Code	Source Confide Code Code		Measure 2	Measure 3	
<u>Lipids:</u>							
Fatty acids, total saturated							
Fatty acids, total monounsaturatedg							
Fatty acids, total polyunsaturatedg Fatty acids, total transg							
Cholesterolg	0	0	4	0	0		
Phytosterolsmg	v	· ·	-	Ü	Ü		
Amino Acids:							
Tryptophang	0.002	0	1	0.002	0.000		
Threonineg	0.004	0	1	0.004	0.001		
Isoleucineg	0.004	0	1	0.004	0.001		
Leucineg	0.009	0	1	0.008	0.002		
Lysineg	0.004	0	1	0.004	0.001		
Methionineg	0.002	0	1	0.002	0.000		
Cystineg	0.003	0	1	0.003	0.001		
Phenylalanineg	0.004	0	1	0.004	0.001		
Tyrosineg	0.003	0	1	0.003	0.001		
Valineg	0.005	0	1	0.005	0.001		
Arginineg	0.012	0	1	0.011	0.003		
Histidineg	0.003	0	1	0.003	0.001		
Alanineg	0.006	0	1	0.006	0.001		
Aspartic acidg	0.009	0	1	0.008	0.002		
Glutamic acidg	0.024	0	1	0.022	0.006		
Glycineg	0.004	0	1	0.004	0.001		
Prolineg	0.007	0	1	0.006	0.002		
Serineg	0.004	0	1	0.004	0.001		
Hydroxyprolineg							

Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	or edi	oie porti	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	75.0	1	0	RP	4		96.02			
Energy	kcal	105		0	RP	4		134			
Energy	kJ	438		0	RP	4		561			
Protein	g	2.8	В	0	RP	4		3.68			
Total lipid (fat)	g	1.6	7	0	RP	4		2.13			
Ash	g	0.8	7	0	RP	4		1.11			
Carbohydrate, by difference	g	19.5	б	0	RP	4		25.04			
Fiber, total dietary	g	0.0		0	RP	4		0.0			
Sugars, total	g										
Starch	g										
Ainerals:											
Calcium, Ca	ma	105		0	RP	4		135			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	б	0	RP	4		0.08			
Magnesium, Mg		12	•	0	RP	4		15			
Phosphorus, P		82		0	RP	4		105			
Potassium, K	-	133		0	RP	4		171			
Sodium, Na	-	121		0	RP	4		155			
Zinc, Zn	-	0.3	5	0	RP	4		0.45			
Copper, Cu	-	0.0		0	RP	4		0.015			
Manganese, Mn		0.0	07	0	RP	4		0.009			
Selenium, Se	µg	2.0		0	RP	4		2.6			
itamins:											
	ma	0.7		0	חח	4		0.9			
Vitamin C, total ascorbic acid	-	0.7	20	0	RP RP	4		0.039			
Thiamin	-			0	RP	4					
Riboflavin	-	0.1		0	RP	4		0.183 0.095			
Niacin	-	0.2		0	RP	4		0.355			
Vitamin B-6	-	0.0		0	RP	4		0.043			
Folate, total	-	4	33	0	RP	4		5			
Folic acid		0		0	RP	4		0			
Folate, food		4		0	RP	4		5			
Folate, DFE		4		0	NC	4		5			
Choline, total		-		·	110	-		3			
Betaine											
Vitamin B-12	-	0.2	5	0	RP	4		0.32			
Vitamin A, RAE		47		0	NC	4		60			
Retinol		46		0	RP	4		59			
Carotene, beta		10		0	0	4		13			
Carotene, alpha				•	-	-					
Cryptoxanthin, beta											
Vitamin A, IU		160		0	0	4		205			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.9		0	RP	4		1.1			
Vitamin D		34		0	RP	4		44			
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
	µg										

	An	ount in 10	0 grams	of edil	ole portion	<u>1</u>	Amount in e	dible portion o	f common
			Number					easures of foo	
						onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 0.9	91	0	RP	4		1.268		
4:0		53	0	RP	4		0.068		
6:0	•		0	RP	4		0.041		
8:0	•		0 0	RP RP	4 4		0.023 0.053		
12:0	=		0	RP	4		0.059		
13:0									
14:0		66	0	RP	4		0.212		
15:0		34	0	RP	4		0.555		
17:0		Jī	v	KI	-		0.555		
18:0		00	0	RP	4		0.256		
20:0									
22:0									
24:0	-	52	0	RP	4		0.579		
14:1					-		0.373		
15:1									
16:1 undifferentiated		37	0	RP	4		0.047		
17:1		15	0	RP	4		0.531		
20:1			0	RP	4		0.000		
22:1 undifferentiated			0	RP	4		0.000		
24:1 c									
Fatty acids, total polyunsaturated			0	RP	4		0.078		
18:2 undifferentiated			0 0	RP RP	4 4		0.047		
18:4	•		0	RP	4		0.031 0.000		
20:2 n-6 c,c		00	·		-		0.000		
20:3 undifferentiated									
20:4 undifferentiated			0	RP	4		0.000		
20:5 n-3 (EPA)	=	00	0	RP	4		0.000		
21:5 22:4	=								
22:5 n-3 (DPA)	=	00	0	RP	4		0.000		
22:6 n-3 (DHA)	=	00	0	RP	4		0.000		
Fatty acids, total trans									
Cholesterol	-		0	RP	4		8		
Phytosterols	ng								
Amino Acids:									
Tryptophan			0	RP	4		0.052		
Threonine			0	RP RP	4 4		0.166 0.222		
Leucine	•		0	RP	4		0.360		
Lysine	•		0	RP	4		0.291		
Methionine	g 0.0	73	0	RP	4		0.093		
Cystine			0	RP	4		0.035		
Phenylalanine			0 0	RP RP	4 4		0.178 0.178		
Tyrosine			0	RP	4		0.246		
Arginine			0	RP	4		0.136		
Histidine		78	0	RP	4		0.100		
Alanine			0	RP	4		0.128		
Aspartic acid			0	RP	4		0.280		
Glutamic acid			0 0	RP RP	4 4		0.772 0.078		
Glycine	•		0	RP RP	4		0.078		
Serine	•		0	RP	4		0.200		
Hydroxyproline	9								
Others:									
Alcohol, ethyl	g 0.0		0	RP	4		0.0		
Caffeine	=		0	RP	4		0		
Theobromine	ng 0		0	RP	4		0		

Puddings, tapioca, dry mix, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Std. Error Points Code Code Code **Nutrients and Units** Measure 1 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: .5 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	ot edi	oie porti	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	od_
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.9	7	0	RP	4		94.69		
Energy	kcal	115		0	RP	4		147		
Energy	kJ	481		0	RP	4		616		
Protein	g	2.8	4	0	RP	4		3.64		
Total lipid (fat)	g	2.8	9	0	RP	4		3.69		
Ash	g	0.8	5	0	RP	4		1.08		
Carbohydrate, by difference	g	19.4	3	0	RP	4		24.87		
Fiber, total dietary	g	0.0		0	RP	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	_	103		0	RP	4		132		
Iron, Fe		0.0	6	0	RP	4		0.08		
Magnesium, Mg		12		0	RP	4		15		
Phosphorus, P		81		0	RP	4		104		
Potassium, K	_	131		0	RP	4		168		
Sodium, Na	_	120		0	RP	4		154		
Zinc, Zn	_	0.3		0	RP	4		0.43		
Copper, Cu		0.0		0	RP	4		0.017		
Manganese, Mn	_	0.0	09	0	RP	4		0.011		
Selenium, Se	µg	1.9		0	RP	4		2.4		
itamins:										
Vitamin C, total ascorbic acid	ma	0.7		0	RP	4		0.9		
Thiamin	_	0.0	30	0	RP	4		0.038		
Riboflavin	_	0.1		0	RP	4		0.179		
Niacin	_	0.0		0	RP	4		0.093		
Pantothenic acid	_	0.2		0	RP	4		0.348		
Vitamin B-6	_	0.0		0	RP	4		0.042		
Folate, total	_	4	33	0	RP	4		5		
Folic acid		0		0	RP	4		0		
Folate, food		4		0	RP	4		5		
Folate, DFE		4		0	NC	4		5		
Choline, total		*		Ū	NC	-		3		
Betaine	_									
Vitamin B-12	_	0.2	5	0	RP	4		0.31		
Vitamin A, RAE		25	,	0	NC	4		32		
Retinol		24		0	RP	4		31		
Carotene, beta		15		0	0	4		20		
,		15		U	O	4		20		
Carotene, alpha										
Cryptoxanthin, beta		100		•	D.D.	4		120		
Vitamin A, IU		108		0	RP	4		139		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				_		_				
Vitamin D (D2 + D3)		0.9		0	RP	4		1.1		
Vitamin D		34		0	RP	4		44		
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	ua									

	<u>Aı</u>	nour	nt in 10	0 grams	of edil	ble porti	<u>ion</u>	Amount in e	dible portion o	of common
				Number					easures of foo	
						Source	Confidence			_
Nutrients and Units	Mean	Std	l. Error	Points			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 1.	724		0	RP	4		2.207		
4:0	•	093		0	RP	4		0.119		
6:0	g 0.	055		0	RP	4		0.070		
8:0	-	032		0	RP	4		0.041		
10:0	•	072		0	RP	4		0.092		
12:0		081		0	RP	4		0.103		
13:0 14:0	-	289		0	RP	4		0.369		
15:0				·		-		0.303		
16:0	=	755		0	RP	4		0.967		
17:0	g									
18:0	g 0.	348		0	RP	4		0.445		
20:0	=									
22:0	=									
Fatty acids, total monounsaturated	=	786		0	RP	4		1.006		
14:1	•	, 00		·		-		1.000		
15:1	•									
16:1 undifferentiated	g 0.	064		0	RP	4		0.082		
17:1	•									
18:1 undifferentiated	•	722		0	RP	4		0.924		
20:1	-	000		0	RP	4		0.000		
22:1 undifferentiated 24:1 c		000		0	RP	4		0.000		
Fatty acids, total polyunsaturated		107		0	RP	4		0.136		
18:2 undifferentiated		064		0	RP	4		0.082		
18:3 undifferentiated	-	042		0	RP	4		0.054		
18:4	g 0.	000		0	RP	4		0.000		
20:2 n-6 c,c	=									
20:3 undifferentiated	-									
20:4 undifferentiated	=	000		0 0	RP RP	4 4		0.000		
20:5 n-3 (EPA) 21:5	=	000		U	RP	4		0.000		
22:4										
22:5 n-3 (DPA)	=	000		0	RP	4		0.000		
22:6 n-3 (DHA)	g 0.	000		0	RP	4		0.000		
Fatty acids, total trans	-									
Cholesterol	-			0	RP	4		15		
Phytosterols	mg 0			0	RP	4		0		
Amino Acids:										
Tryptophan	3	040		0	RP	4		0.051		
Threonine	0	129		0	RP	4		0.165		
Isoleucine	•	172		0	RP	4		0.220		
LeucineLysine	•	278 225		0	RP RP	4 4		0.356 0.288		
Methionine	•	072		0	RP	4		0.092		
Cystine	•	026		0	RP	4		0.034		
Phenylalanine		137		0	RP	4		0.176		
Tyrosine	g 0.	137		0	RP	4		0.175		
Valine	•	190		0	RP	4		0.243		
Arginine	•	104		0	RP	4		0.133		
HistidineAlanine	•	077 098		0	RP RP	4		0.098 0.126		
Aspartic acid	•	216		0	RP	4		0.120		
Glutamic acid	•	596		0	RP	4		0.763		
Glycine	•	061		0	RP	4		0.078		
Proline		275		0	RP	4		0.352		
Serine	•	154		0	RP	4		0.198		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g 0.	0		0	RP	4		0.0		
Caffeine	-			0	RP	4		0		
Theobromine	mg 0			0	RP	4		0		

Puddings, tapioca, dry mix, prepared with whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Nutrients and Units

Std. Error Points Code Code Code Measure 1

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: .5 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

Measure 3

Refuse:0%

Menaquinone-4.....µg

Lipids:

		<u>Am</u>	ount in 100	grams	of edik	ole portion		Amount in e	dible portion	of common
			Nı	um be	r				easures of fo	
						Source Conf	idence			
Nutrients and Un	ite	Mean	Std. Error				ode	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Wiean	3ta. E101 ·					Weasure i	Weasure 2	weasure .
Proximates:										
Water	g	4.00	0.04	3 6		1		3.68	0.92	
Energy	kcal	369		0		4		339	85	
Energy	kJ	1544				4		1420	355	
Protein (N x 6.25)	g	0.10	0	1		4		0.09	0.02	
Total lipid (fat)	g	0.10	0	1		4		0.09	0.02	
Ash	g	1.40	0.04	0 6		1		1.29	0.32	
Carbohydrate, by difference	g	94.30	0	0	NC	4		86.76	21.69	
Fiber, total dietary		0.2		0	BFZN	4		0.2	0.0	
Sugars, total										
Starch	-									
	9									
Minerals:		-		_		4			_	
Calcium, Ca	_	4	•	1		4		4	1	
Iron, Fe	_	0.12	4	1		4		0.11	0.03	
Magnesium, Mg		2		1		4		2	0	
Phosphorus, P		4		1		4		4	1	
Potassium, K	_	5		1		4		5	1	
Sodium, Na	_	8	_	0		1		7	2	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.08		1		4		0.07	0.02	
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.02		1		4		0.027	0.007	
Manganese, Mn		0.0:	33	1		4		0.030	0.008	
Selenium, Se	µg	0.1		0	BFZN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.00	01	1		4		0.001	0.000	
Riboflavin	mg	0.00	06	1		4		0.006	0.001	
Niacin	mg	0.00	04	1		4		0.004	0.001	
Pantothenic acid	mg	0.0	15	1		4		0.014	0.003	
Vitamin B-6	mg	0.0	32	1		4		0.029	0.007	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total										
Betaine	mg									
Vitamin B-12		0.00	0	1		4		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	μg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		4		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										

	<u>Amount i</u>	n 100 grams	Amount in edible portion of common					
		Number				<u>m</u>	easures of foc	<u>od</u>
Nutrients and Units	Mean Std. E	of Data Fror Points		Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg								
Fatty acids, total monounsaturatedg								
Fatty acids, total polyunsaturatedg								
Fatty acids, total transg								
Cholesterolmg	0	1		4		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.002	0		1		0.002	0.000	
Threonineg	0.004	0		1		0.004	0.001	
Isoleucine	0.004	0		1		0.004	0.001	
Leucine	0.009	0		1		0.008	0.002	
Lysineg	0.004	0		1		0.004	0.001	
Methionineg	0.002	0		1		0.002	0.000	
Cystineg	0.003	0		1		0.003	0.001	
Phenylalanineg	0.004	0		1		0.004	0.001	
Tyrosineg	0.003	0		1		0.003	0.001	
Valineg	0.005	0		1		0.005	0.001	
Arginineg	0.012	0		1		0.011	0.003	
Histidineg	0.003	0		1		0.003	0.001	
Alanineg	0.006	0		1		0.006	0.001	
Aspartic acidg	0.009	0		1		0.008	0.002	
Glutamic acidg	0.024	0		1		0.022	0.006	
Glycineg	0.004	0		1		0.004	0.001	
Prolineg	0.007	0		1		0.006	0.002	
Serineg	0.004	0		1		0.004	0.001	
Hydroxyprolineg								
Others:								
Alcohol, ethylg								
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Amount i</u>	Amount in edible portion of common					
			Num be	•			easures of fo	
					Source Confidence			
Nutrients and Un	its	Mean Std. E	rror Points			Measure 1	Measure 2	Measure 3
Proximates:								
Water	g	71.84	2	A	1	20.37	79.02	69.68
Energy	kcal	130	0	NC	4	37	142	126
Energy	kJ	542	0	NC	4	154	596	526
Protein (N x 6.25)		1.95	2	A	1	0.55	2.15	1.89
Total lipid (fat)	g	3.88	2	A	1	1.10	4.27	3.77
Ash	g	0.64	2	A	1	0.18	0.70	0.62
Carbohydrate, by difference	g	21.69	0	NC	4	6.15	23.86	21.04
Fiber, total dietary	g	0.0	2	A	1	0.0	0.0	0.0
Sugars, total	g	14.91	2	A	1	4.23	16.40	14.46
Sucrose	g	12.55	2	A	1	3.56	13.80	12.17
Glucose (dextrose)		0.00	2	A	1	0.00	0.00	0.00
Fructose		0.00	2	A	1	0.00	0.00	0.00
Lactose		2.36	2	A	1	0.67	2.59	2.29
Maltose		0.00	2	A	1	0.00	0.00	0.00
Galactose		0.00	2	A	1	0.00	0.00	0.00
Starch								
Minerals:	-							
Calcium, Ca	mg	71	2	A	1	20	79	69
Iron, Fe	mg	0.11	2	A	1	0.03	0.12	0.10
Magnesium, Mg		6	2	A	1	2	7	6
Phosphorus, P	mg	60	2	A	1	17	66	58
Potassium, K	mg	92	2	A	1	26	101	89
Sodium, Na	<u>mg</u>	145	2	A	1	41	160	141
Zinc, Zn	mg	0.22	2	A	1	0.06	0.24	0.21
Copper, Cu	mg	0.018	2	A	1	0.005	0.020	0.01
Manganese, Mn		0.011	2	A	1	0.003	0.012	0.01
Selenium, Se	µg	0.0	2	A	1	0.0	0.0	0.0
<u>Vitamins:</u>	ma	0.3	0	FLA	4	0.1	0.4	0.0
Vitamin C, total ascorbic acid	_	0.024	2	A	1	0.007	0.4 0.027	0.3 0.02
ThiaminRiboflavin	_	0.024	2	A	1	0.007	0.107	0.02
Niacin	_	0.065	2	A	1	0.018	0.071	0.09
Pantothenic acid		0.235	2	A	1	0.067	0.258	0.22
Vitamin B-6	•	0.024	2	A	1	0.007	0.026	0.02
Folate, total		3	0	FLA	4	1	3	3
Folic acid		0	0	FLA	4	0	0	0
Folate, food		3	0	FLA	4	1	3	3
Folate, DFE		3	0	NC	4	1	3	3
Choline, total		6.2	0	0	4	1.8	6.8	6.0
Betaine								
Vitamin B-12		0.21	2	A	1	0.06	0.23	0.20
Vitamin B-12, added	µg	0.00	0	FLA	4	0.00	0.00	0.00
Vitamin A, RAE		0	0	AS	1	0	0	0
Retinol	µg	0	0	FLA	4	0	0	0
Carotene, beta	µg	0	2	A	1	0	0	0
Carotene, alpha		0	2	A	1	0	0	0
Cryptoxanthin, beta	µg	0	2	A	1	0	0	0
Vitamin A, IU	<u>I</u> U	0	0	AS	1	0	0	0
Lycopene		0	2	A	1	0	0	0
Lutein + zeaxanthin	µg	0	0	FLA	4	0	0	0
Vitamin E (alpha-tocopherol)		0.15	2	A	1	0.04	0.17	0.15
Vitamin E, added		0.00	0	FLA	4	0.00	0.00	0.00
Tocopherol, beta		0.02	2	A	1	0.00	0.02	0.02
Tocopherol, gamma		1.79	2	A	1	0.51	1.97	1.74
Tocopherol, delta		0.83	2	A	1	0.23	0.91	0.80
Tocotrienol, alpha								
Tocotrienol, beta	mg							

	<u>A</u>	m oun	t in 10	Amount in edible portion of common					
				Nicona la a m			measures of food		
				Number				casares or rec	<u>, u</u>
Nutrients and Units	Mean	Std	Error	Points		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma									
Tocotrienol, delta		^		0	AS	1	0.0	0.0	0.0
Vitamin D (D2 + D3) Vitamin D	7-0	U		0	FLA	4	0.0	0.0	0.0
Vitamin K (phylloquinone)		4		2	A	1	0.1	0.4	0.4
Dihydrophylloquinone	4.0	•			A	-	0.1	0.1	0.4
Menaquinone-4									
Lipids:									
Fatty acids, total saturated	a 0.	962		0	NC	4	0.273	1.058	0.933
4:0	o .	001		0	FLA	4	0.000	0.002	0.001
6:0	=	000		0	FLA	4	0.000	0.000	0.000
8:0	=	000		2	A	1	0.000	0.000	0.000
10:0	-	000		2	A	1	0.000	0.000	0.000
12:0		000		2	A	1	0.000	0.000	0.000
13:0	g								
14:0	g 0.	006		2	A	1	0.002	0.007	0.006
15:0	g 0.	001		0	FLA	4	0.000	0.002	0.001
16:0	g 0.	417		2	A	1	0.118	0.459	0.404
17:0	g 0.	002		2	A	1	0.001	0.003	0.002
18:0	g 0.	511		2	A	1	0.145	0.562	0.495
20:0	=	013		2	A	1	0.004	0.015	0.013
22:0	•	012		2	A	1	0.004	0.014	0.012
24:0									
Fatty acids, total monounsaturated	•	538		0	NC	4	0.719	2.792	2.462
14:1	=	000		2	A	1	0.000	0.000	0.000
15:1	•	000		2	A	1	0.000	0.000	0.000
16:1 undifferentiated	-	000		2 2	A	1 1	0.000	0.000	0.000
17:1		000		2	A A	1	0.000	0.000	0.000
18:1 undifferentiated		530 007		2	A	1	0.717 0.002	2.783 0.008	2.454 0.007
20:1 22:1 undifferentiated	•	007		0	FLA	4	0.002	0.000	0.007
24:1 c	-0	000		J	LUA	*	0.000	0.000	0.000
Fatty acids, total polyunsaturated		072		0	NC	4	0.020	0.079	0.070
18:2 undifferentiated	•	072		2	A	1	0.020	0.079	0.070
18:3 undifferentiated	=	000		0	AS	1	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)	•	000		2	A	1	0.000	0.000	0.000
18:3 n-6 c,c,c		000		2	A	1	0.000	0.000	0.000
18:3i	g								
18:4	g 0.	000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c	g 0.	000		2	A	1	0.000	0.000	0.000
20:3 undifferentiated	•	000		2	A	1	0.000	0.000	0.000
20:3 n-3	· -								
20:3 n-6	· -								
20:4 undifferentiated		000		2	A	1	0.000	0.000	0.000
20:4 n-6	=								
20:5 n-3 (EPA)	•	000		0	FLA	4	0.000	0.000	0.000
21:5	-								
22:4 22:5 n-3 (DPA)		000		0	FLA	4	0.000	0.000	0.000
22:5 n-3 (DFA)	•	000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans	•	000		ŭ		•	0.000	0.000	0.000
Cholesterol				0	FLA	4	0	1	1
Phytosterols	•			٠			-	_	_
Others:									
Alcohol, ethyl	g 0.	0		0	FLA	4	0.0	0.0	0.0
Caffeine	•			0	FLA	4	0	0	0
Theobromine	=			0	FLA	4	0	0	0

Puddings, tapioca, ready-to-eat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 110g: 1 container refrigerated 4 oz

Measure 3 = 97g: 1 container

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		Amou	ınt ın 100	grams	ot edi	ole porti	<u>on</u>	Amount in e	dible portion	of common
			ı	Number					easures of fo	
						Source	Confidence			
Nutrients and Uni	its	Mean St	d. Error				Code	Measure 1	Measure 2	Measure :
- Tati ionio ana on		ouii Oi						moudure :	mode are 2	in oud are
Proximates:										
Water	g	76.25		1	A	1		85.40		
Energy	kcal	94		0	NC	4		105		
Energy	kJ	394		0	NC	4		441		
Protein (N x 6.25)	g	1.44		1	A	1		1.62		
Total lipid (fat)	g	0.35		1	A	1		0.39		
Ash	g	0.64		1	A	1		0.72		
Carbohydrate, by difference	g	21.31		0	NC	4		23.87		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	14.18		1	A	1		15.88		
Starch	g									
Minerals:										
Calcium, Ca	ma	52		1	A	1		58		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.11		1	A A	1		0.12		
Magnesium, Mg		5		1	A	1		5		
Phosphorus, P		66		1	A	1		7 4		
Potassium, K		70		1	A	1		78		
Sodium, Na	-	187		1	A	1		209		
Zinc, Zn	-	0.17		1	A	1		0.19		
Copper, Cu	-	0.018		1	A	1		0.021		
Manganese, Mn		0.011		1	A	1		0.012		
Selenium, Se	-	0.0		1	A	1		0.0		
Vitamina										
<u>Vitamins:</u>		0.2		•				0 0		
Vitamin C, total ascorbic acid	-	0.3 0.013		0 1	FLA A	4 1		0.3 0.015		
ThiaminRiboflavin	-	0.013		1	A	1		0.013		
Niacin	-	0.101		1	A	1		0.113		
Pantothenic acid	-	0.030		1	A	1		0.033		
Vitamin B-6	-	0.020		1	A	1		0.023		
Folate, total	-	2		0	FLA	4		2		
Folic acid		0		0	NR	4		0		
Folate, food		2		0	FLA	4		2		
Folate, DFE		2		0	NC	4		2		
Choline, total		6.5		0	0	4		7.3		
Betaine	mg									
Vitamin B-12		0.31		1	A	1		0.35		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	0		1	A	1		0		
Carotene, alpha	µg	0		1	A	1		0		
Cryptoxanthin, beta	µg	0		1	A	1		0		
Vitamin A, IU		1		0	FLA	4		1		
Lycopene		0		1	A	1		0		
Lutein + zeaxanthin		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.01		1	A	1		0.02		
Vitamin E, added		0.00		0	FLA	4		0.00		
Tocopherol, beta		0.00		1	A	1		0.00		
Tocopherol, gamma		0.01		1	A	1		0.02		
Tocopherol, delta		0.00		1	A	1		0.00		
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		^ ^		^	3.0	1		0 0		
Vitamin D (D2 + D3)		0.0		0 0	AS FLA	1 4		0.0 0		
Vitamin D										
Vitamin K (phylloquinone)		0.0		1 1	A A	1 1		0.0		
Dihydrophylloquinone										

	<u>Am</u>	ount in 10	00 grams	of edi	ble porti	<u>on</u>		edible portion	
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.1	22	0	NC	4		0.137		
4:0g	0.0		0	FLA	4		0.007		
6:0g	0.0		0	FLA	4		0.002		
8:0g	0.0		1	A	1		0.000		
10:0	0.0		1	A	1		0.000		
12:0	0.0		1	A	1		0.000		
13:0			_		_		******		
14:0	0.0	02	1	A	1		0.002		
15:0g	0.0		1	A	1		0.000		
16:0g	0.0		1	A	1		0.016		
17:0g	0.0		1	A	1		0.000		
18:0g	0.1		1	A	1		0.117		
20:0g	0.0		1	A	1		0.001		
22:0g	0.0		1	A	1		0.000		
24:0g									
Fatty acids, total monounsaturatedg	0.0	12	0	NC	4		0.013		
14:1	0.0		1	A	1		0.000		
15:1	0.0		1	A	1		0.000		
16:1 undifferentiated	0.0		1	A	1		0.000		
17:1g	0.0		1	A	1		0.000		
18:1 undifferentiated	0.0		1	A	1		0.013		
20:1g	0.0		1	A	1		0.000		
22:1 undifferentiated	0.0		0	FLA	4		0.000		
24:1 c	0.0		Ū		-		0.000		
Fatty acids, total polyunsaturatedg	0.0	02	0	NC	4		0.002		
18:2 undifferentiated	0.0		1	A	1		0.002		
18:3 undifferentiated	0.0		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)	0.0		1	A	1		0.000		
18:3 n-6 c,c,c (ALA)	0.0		1	A	1		0.000		
18:3ig							******		
18:4g	0.0	00	0	FLA	4		0.000		
20:2 n-6 c,cg	0.0		1	A	1		0.000		
20:3 undifferentiated	0.0		1	A	1		0.000		
20:3 n-3g			_		_		******		
20:3 n-6g									
20:4 undifferentiated	0.0	00	1	A	1		0.000		
20:4 n-6g									
20:5 n-3 (EPA)	0.0	00	0	FLA	4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	FLA	4		0.000		
22:6 n-3 (DHA)	0.0		0	FLA	4		0.000		
Fatty acids, total trans			-		=				
Cholesterol m	g 1		0	FLA	4		1		
Phytosterolsm	•		-		=		_		
Others:	-								
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeineg			0	FLA	4		0		
Theobrominem	o .		0	FLA	4		0		

Common Measures:

Measure 1 = 112g: 1 container refrigerated 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Puddings, tapioca, ready-to-eat, fat free

Food Group: 19 Sweets

		<u>Am our</u>	nt in 100 gr	rams	of edil	ole portio	<u>n</u>	Amount in e	edible portion	of common
			Nur	nbei	r			m	easures of fo	od
						Source C	Confidence			
Nutrients and Un	nits	Mean Std	l. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	2.60	0.158	20		1		2.57	0.65	
Energy	-	377	0.130	0	NC	4		373	94	
Energy		1577		0	NC	4		1562	394	
		0.00	0.000	20	NC	1		0.00	0.00	
Protein (N x 6.25)		0.60	0.024	20		1		0.59		
Total lipid (fat)	-	3.90	0.024			1		3.86	0.15 0.98	
Ash Carbohydrate, by difference	_	92.90	0.067	0	NC	4		91.97	23.22	
		0.0		0	FLA	4		0.0	0.0	
Fiber, total dietary		92.90		0	NR.	4		91.97		
Sugars, total		92.90		U	NR	4		91.97	23.22	
Starch	9									
Minerals: Calcium, Ca	ma	12	1.932	3		1		12	3	
Iron. Fe.	_	0.01	1.752	0	FLA	4		0.01	0.00	
Magnesium, Mg		1		0	FLA	4		1	0	
Phosphorus, P		705	9.672	3		1		698	176	
Potassium, K	_	12	1.856	16		1		12	3	
Sodium, Na	_	1441	33.880	16		1		1427	360	
Zinc, Zn	mg	0.06	0.002	4		1		0.06	0.02	
Copper, Cu		0.093		2		1		0.092	0.023	
Manganese, Mn	mg	0.000		0	FLA	4		0.000	0.000	
Selenium, Se	µg	0.7		0	FLA	4		0.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	_	0.002		0	FLA	4		0.002	0.001	
Riboflavin	mg	0.028		0	FLA	4		0.028	0.007	
Niacin	mg	0.006		0	FLA	4		0.006	0.001	
Pantothenic acid	mg	0.026		0	FLA	4		0.025	0.006	
Vitamin B-6	mg	0.002		0	FLA	4		0.002	0.001	
Folate, total	µg	0		0	FLA	4		0	0	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	0		0	FLA	4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg	1.1		0	0	4		1.1	0.3	
Betaine	_									
Vitamin B-12		0.02		0	FLA	4		0.02	0.00	
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	µg	1		0	FLA	4		1	0	
Retinol		1		0	FLA	4		1	0	
Carotene, beta		0		0	FLA	4		0	0	
Carotene, alpha		0		0	FLA	4		0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		2		0	FLA	4		2	0	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.02		0	FLA	4		0.02	0.00	
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0.0	
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.1	0.0	
Dihydrophylloquinone				-		-			•••	
Menaquinone-4										
1-1011aquinon0-4	₩₩									

	Amo	ount in 10	0 grams	of edi	ble portion			edible portion	
			Num ber	•			<u>m</u>	easures of foo	<u>oa</u>
			of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.43	2	0	FLA	4		0.428	0.108	
4:0g	0.00	2	0	FLA	4		0.002	0.001	
6:0g	0.00	2	0	FLA	4		0.002	0.000	
8:0g	0.01	1	0	FLA	4		0.011	0.003	
10:0g	0.01	0	0	FLA	4		0.010	0.003	
12:0	0.12	3	0	FLA	4		0.121	0.031	
13:0g									
14:0	0.04	4	0	FLA	4		0.044	0.011	
15:0g									
16:0g	0.10	5	0	FLA	4		0.104	0.026	
17:0g									
18:0g	0.13	6	0	FLA	4		0.134	0.034	
20:0g	0.00		0	FLA	4		0.000	0.000	
22:0g		-			_		******	***************************************	
24:0									
Fatty acids, total monounsaturatedg	0.12	0	0	FLA	4		0.119	0.030	
14:1	0.12	•	•		-		0.115	0.030	
15:1g									
16:1 undifferentiated	0.00	2	0	FLA	4		0.002	0.000	
17:19		_	•		-		0.002	0.000	
18:1 undifferentiated	0.11	8	0	FLA	4		0.117	0.030	
20:1g	0.00		0	FLA	4		0.000	0.000	
22:1 undifferentiated	0.00		0	FLA	4		0.000	0.000	
24:1 cg	0.00	•	•		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.01	0	0	FLA	4		0.010	0.003	
18:2 undifferentiated	0.00		0	FLA	4		0.009	0.002	
18:3 undifferentiated	0.00		0	FLA	4		0.001	0.002	
18:4g	0.00		0	FLA	4		0.000	0.000	
20:2 n-6 c.c	0.00	•	· ·	LUN	-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.00	0	0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)g	0.00		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)	0.00	O	U	FLA	4		0.000	0.000	
22:4g 22:5 n-3 (DPA)g	0.00	0	0	FLA	4		0.000	0.000	
	0.00		0	FLA	4		0.000		
22:6 n-3 (DHA)	0.00	U	U	rьA	*		0.000	0.000	
Fatty acids, total trans	0		0	FLA	4		0	0	
Cholesterolmg	U		U	РLА	4		U	U	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

NDB No. 19203 Puddings, vanilla, dry mix, instant, prepared with whole milk

Refuse:0%

Lipids:

		<u>An</u>	ount in 10	u gram s	ot edik	ie porti	<u>on</u>		dible portion	
				Num ber				<u>m</u>	easures of foo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	73.5	0	0		1		104.37	418.22	
Energy	kcal	114		0	NC	4		162	649	
Energy	kJ	477		0		4		677	2714	
Protein (N x 0)	g	2.7	0	0		1		3.83	15.36	
Total lipid (fat)	g	2.9	0	0		1		4.12	16.50	
Ash	g	1.3	0	0		1		1.85	7.40	
Carbohydrate, by difference	g	19.7	0	0	NC	4		27.97	112.09	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		18.0	3	0	BFCN	4		25.60	102.57	
Starch										
Minerals:										
Calcium, Ca	mg	101		0		1		143	575	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	7	0		1		0.10	0.40	
Magnesium, Mg		12		0		1		17	68	
Phosphorus, P		197		0		1		280	1121	
Potassium, K		128		0		1		182	728	
Sodium, Na	mg	286		0		1		406	1627	
Zinc, Zn		0.3	3	0		1		0.47	1.88	
Copper, Cu	mg	0.0	24	0		1		0.034	0.137	
Manganese, Mn	mg	0.0	07	0		1		0.010	0.040	
Selenium, Se	µg	1.6		0	BFPN	4		2.3	9.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0		1		1.1	4.6	
Thiamin	_	0.0		0		1		0.047	0.188	
Riboflavin	_	0.1		0		1		0.193	0.774	
Niacin	_	0.0		0		1		0.105	0.421	
Pantothenic acid	_	0.2		0		1		0.372	1.491	
Vitamin B-6	_	0.0		0		1		0.051	0.205	
Folate, total	_	4		0		1		6	23	
Folic acid		0		0	0	4		0	0	
Folate, food		4		0		1		6	23	
Folate, DFE		4		0	NC	4		6	23	
Choline, total								-		
Betaine	_									
Vitamin B-12	_	0.3	0	0		1		0.43	1.71	
Vitamin A. RAE		25		0	NC	4		35	141	
Retinol		23		0	0	4		33	133	
Carotene, beta	µg	18		0	0	4		26	102	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		105		0		1		149	597	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u> </u>	mou	ınt in 10	0 grams	of edi	ble porti	<u>on</u>	Amount in e	dible portion	of common
				Aluma la a m				'	easures of foo	•
				Number		Source	Confidence	<u></u>		<u> </u>
Nutrients and Units	Mean	St	d. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Wear	Ö.	а. 🗀 гог					incasare i	Medsure 2	Wedsure 5
Fatty acids, total saturated	g 1	740		0		1		2.471	9.901	
4:0		.090		0		1		0.128	0.512	
6:0	g 0	050		0		1		0.071	0.285	
8:0	g 0	030		0		1		0.043	0.171	
10:0	g 0	070		0		1		0.099	0.398	
12:0	•	.080		0		1		0.114	0.455	
13:0	•									
14:0	=	. 290		0		1		0.412	1.650	
15:0	=			•					4 201	
16:0		770		0		1		1.093	4.381	
17:0	=	360		0		1		0.511	2.048	
18:0 20:0	•	. 300		U		_		0.511	2.040	
22:0	=									
24:0	-									
Fatty acids, total monounsaturated	•	840		0		1		1.193	4.780	
14:1	•									
15:1	-									
16:1 undifferentiated		070		0		1		0.099	0.398	
17:1	g									
18:1 undifferentiated	.g 0	780		0		1		1.108	4.438	
20:1	g 0	.000		0		1		0.000	0.000	
22:1 undifferentiated	.g 0	.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g 0	150		0		1		0.213	0.854	
18:2 undifferentiated	-	100		0		1		0.142	0.569	
18:3 undifferentiated	=	.050		0		1		0.071	0.285	
18:4	•	.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-					_				
20:4 undifferentiated	=	.000		0		1		0.000	0.000	
20:5 n-3 (EPA)	=	.000		0		1		0.000	0.000	
21:5	=									
22:4 22:5 n-3 (DPA)	=	.000		0		1		0.000	0.000	
22:6 n-3 (DHA)	•	.000		0		1		0.000	0.000	
Fatty acids, total trans	•			·		-		0.000	0.000	
Cholesterol	-			0		1		16	63	
Phytosterols	•			0		1		0	0	
•	. 5							-	-	
Amino Acids:	~ ^	0.26		•				0.051		
Tryptophan		.036		0		1		0.051	0.205	
Threonine		117		0		1 1		0.166 0.224	0.666	
Isoleucine	•	.158 .255		0		1		0.224	0.899 1.451	
Leucine	.0	. 207		0		1		0.362	1.451	
Lysine Methionine	•	.065		0		1		0.092	0.370	
Cystine	•	.024		0		1		0.032	0.370	
Phenylalanine	•	126		0		1		0.179	0.717	
Tyrosine	•	126		0		1		0.179	0.717	
Valine	•	174		0		1		0.247	0.990	
Arginine	•	094		0		1		0.133	0.535	
Histidine	•	071		0		1		0.101	0.404	
Alanine	•	090		0		1		0.128	0.512	
Aspartic acid	•	198		0		1		0.281	1.127	
Glutamic acid	•	545		0		1		0.774	3.101	
Glycine		055		0		1		0.078	0.313	
Proline		252		0		1		0.358	1.434	
Serine		141		0		1		0.200	0.802	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g 0	. 0		0		7		0.0	0.0	
Caffeine	=			0	Z	7		0	0	
Theobromine	-			0	Z	7		0	0	

Puddings, vanilla, dry mix, instant, prepared with whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amo	ount in 100 g	ram s	of edil	ble portion		Amount in e	dible portion	of common
			Nu	mbei	•			m	easures of fo	od
						Source Confi	danca			
Nutrients and Ur	nits	Mean	Std. Error Po				de	Measure 1	Measure 2	Measure
Proximates:										
Water		3.90	0.165			1		3.43	0.86	
Energy		379		0	NC	4		333	83	
Energy		1585		0	NC	4		1395	349	
Protein (N x 6.25)	g	0.30		1		1		0.26	0.07	
Total lipid (fat)	g	0.40	0.037			1		0.35	0.09	
Ash	_	2.00	0.087			1		1.76	0.44	
Carbohydrate, by difference	g	93.50		0	NC	4		82.28	20.57	
Fiber, total dietary	g	0.6		0	FLA	4		0.5	0.1	
Sugars, total	g	79.34		0	FLA	4		69.82	17.46	
Starch	g									
Minerals:	m a	-		•	m= -	4		A	1	
Calcium, Ca	-	5 0.08		0	FLA	4		4 0.07	1 0.02	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.08		0	FLA FLA	4		0.07	0.02	
Magnesium, Mg Phosphorus, P		2		0	FLA	4		2	0	
Potassium, K	-	20	1.431	-	FUA	1		18	4	
Sodium, Na	_	635	1.131	0	т	4		559	140	
Zinc, Zn	-	0.02		0	FLA	4		0.02	0.01	
Copper, Cu	-	0.02		0	FLA	4		0.018	0.005	
Manganese, Mn		0.00		0	FLA	4		0.007	0.002	
Selenium, Se	-	0.9		0	FLA	4		0.8	0.2	
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	FLA	4		0.0	0.0	
Thiamin	-	0.00	0	0	FLA	4		0.000	0.000	
Riboflavin	-	0.01		0	FLA	4		0.011	0.003	
Niacin	-	0.00		0	FLA	4		0.001	0.000	
Pantothenic acid	-	0.00		0	FLA	4		0.000	0.000	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.00		0	FLA	4		0.000	0.000	
Folate, total	-	0		0	FLA	4		0	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food		0		0	FLA	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total		0.0		0	Z	7		0.0	0.0	
Betaine										
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	z	7		0	0	
Carotene, beta	· -	0		0	FLA	4		0	0	
Carotene, alpha		0		0	FLA	4		0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		0		0	FLA	4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	-									
Tocopherol, gamma	-									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta		_				_				
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone										
Menaquinone-4	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 0.090 0 1 0.079 0.020 4:0......g 0.000 0 1 0.000 0.000 0.000 6:0.....g 0.000 0 1 0.000 0 0.000 0.000 1 0.000 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 0.000 0 1 0.000 0.000 12:0.....g 13:0.....g 0 0.000 1 0.000 0.000 14:0.....g 0.090 1 1 0.079 16·0 a 0.020 17:0.....g 0.000 1 0.000 0.000 18:0.....g 20:0.....g 24:0.....g 0.030 0 1 0.026 0.007 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.000 0 1 0.000 0.000 17:1.....g 1 18:1 undifferentiated......g 0.030 1 0.026 0.007 20:1.....g 0.000 0 1 0.000 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.170 0 1 0.150 0.037 0.160 0.141 0.035 18:2 undifferentiated....... 1 1 0.010 1 1 0.009 0.002 18:3 undifferentiated......g 18:4.....g 0.000 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 20:5 n-3 (EPA)......g 0 1 0.000 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 0 1 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 0 FLA 4 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.001 0 0.001 0.000 1 0.002 Threonine.....g 0.009 0 1 0.008 Isoleucine.....g 0.010 0 1 0.009 0.002 0.008 0.035 0 1 0.031 Leucine....g 0 Lysine.....g 0.006 1 0.005 0.001 Methionine.....g 0.005 0 1 0.004 0.001 Cystine.....g 0.006 0 1 0.005 0.001 0.013 0 0.011 0.003 Phenylalanine.....g 1 0.010 0 1 0.009 0.002 Tyrosine.....g 0 0.011 Valine.....g 0.013 1 0.003 0.012 0 1 0.011 0.003 Arginine.....g Histidine.....g 0.008 0 1 0.007 0.002 0 1 0.017 0.004 Alanine.....g 0.019 Aspartic acid......g 0.020 0 1 0.018 0.004 0.052 0 1 0.046 0.011 Glutamic acid.....g 0.009 0 1 0.008 0.002 0.024 0 1 0.021 0.005 Proline.....g 0.011 1 0.010 0.002 Serine.....g 0 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 FT.A 4 0.0 0.0 Caffeine....mg 4

Puddings, vanilla, dry mix, regular

Nutrients and Units

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Mean

0

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

NDB No. 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk

Refuse:0%

Nutrients and Units			Am	ount in 10	u gram s	or ear	ole portion	<u>on</u>	Amount in e	dible portion	of commor
Nutrients and Units					Number				<u>m</u>	easures of fo	od_
Nutrients and Units							Source	Confidence			
Water	Nutrients and Units		Mean	Std Error					Maasura 1	Massura 2	Measure
Water	Nutrients and Omis)	Wean	3tu. 🗀 101					Weasure	Wedsule 2	Weasure
Energy	mates:										
Energy	т	g	75.8	6	0	RP	4		97.11		
Protein	gy	kcal	101		0	RP	4		130		
Total lipid (fag)	gy	kJ	425		0	RP	4		543		
Ash	in	g	2.9	4	0	RP	4		3.77		
Carbohydrate, by difference	lipid (fat)	g	1.7	3	0	RP	4		2.22		
Filer, total dictary. 9 0.0 0 RP 4 0.1 Starch. 9 Star			0.9	5	0	RP	4		1.22		
Sugars, total	ohydrate, by difference	g				RP	4				
Surch	, total dietary	g	0.0		0	RP	4		0.1		
Calcium, Ca.	rs, total	g									
Caciom. Ca.	h	g									
Caciom. Ca.	rale										
Iron, Fc		ma	108		0	DD	4		138		
Magnesium, Mg. mg 12 0 RP 4 15 Phosophous, P. mg 1.37 0 RP 4 176 Sodium, N. mg 1.57 0 RP 4 176 Sodium, N. mg 0.24 0 RP 4 0.44 Copper, C. mg 0.013 0 RP 4 0.017 Manganese, Mn. mg 0.004 0 RP 4 0.005 Selenium, Se. µg 2.1 0 RP 4 0.005 Selenium, Se. µg 2.1 0 RP 4 0.005 Selenium, Se. µg 2.1 0 RP 4 0.005 Selenium, Se. µg 0.146 RP 4 0.9 0.9 Witamin C, total ascorbic acid. mg 0.146 RP 4 0.9 0.9 Ribolation, I. mg 0.275 RP 4 0.	,			6							
Phosphons, P. mg 8.3 0 RP 4 106 Potassium, K. mg 1.37 0 RP 4 204 Zine, Zh. mg 0.34 0 RP 4 0.44 Copper, Cu. mg 0.013 0 RP 4 0.017 Manganes, Mn. mg 0.004 0 RP 4 0.017 Manganes, Mn. mg 0.004 0 RP 4 0.005 Selenium, Sc. µg 2.1 0 RP 4 0.005 Stelnium, Sc. µg 2.1 0 RP 4 0.03 Witamin S. µg 0.7 0 RP 4 0.39 Mibaliani mg 0.031 0 RP 4 0.39 Riboflavin mg 0.146 0 RP 4 0.366 Vitamin B. mg 0.278 0 RP 4 0.356				-	-						
Potassium, K.	, 0	-			-						
Sodium, Na.	. ,	-			0						
Zinc, Zn. Mg 0.34 0 RP 4 0.44 Copper, Cu. Mg 0.013 0 RP 4 0.017 Manganese, Mn. mg 0.005 Selenium, Se. US 2.6 US Copper, Cu. Ng 0.005 Ng 4 0.005 Selenium, Se. US Ng 0.005 Ng Ng 0.005 Ng Ng 0.005 Ng Ng 0.005 Ng Ng 0.003 Ng Ng 0.186 Ng 4 0.033 Ng 4 0.086 Ng 0.096 Ng 0.096 Ng 4 0.096 Ng 0.096 Ng 0.096 Ng 4 0.033 Ng 0.096 Ng 0.006 Ng 0.006 Ng 0.006 Ng 0.006	*	-	159		0	RP	4		204		
Minganese, Mn. mg 0.004 0 RP 4 0.005 Selenium, Se. µg 2.1 0 RP 4 2.6 Witamin C. Vitanin C. total ascorbic acid mg 0.7 0 RP 4 0.9 Thiamin mg 0.031 0 RP 4 0.039 Riboliavin mg 0.031 0 RP 4 0.039 Riboliavin mg 0.044 0 RP 4 0.036 Niacin mg 0.075 0 RP 4 0.0356 Pantohenic acid mg 0.072 0 RP 4 0.0356 Pantohenic acid mg 0.043 0 RP 4 0.0356 Pantohenic acid mg 0.044 0 RP 4 0.0356 Pantohenic acid mg 0 0 RP 4 0 0.043 Chall Mg 4	· ·	-	0.3	4	0	RP	4		0.44		
Selenium, Se.	per, Cu	mg	0.0	13	0	RP	4		0.017		
Fitamins: Vitamin C, total ascorbic acid. mg 0.7 0 RP 4 0.9 Thiamin mg 0.031 0 RP 4 0.039 Riboflavin mg 0.146 0 RP 4 0.186 Niacin mg 0.075 0 RP 4 0.356 Pantothenic acid. mg 0.0278 0 RP 4 0.356 Vitamin B-6. mg 0.034 0 RP 4 0.956 Vitamin B-6. mg 0 0.028 RP 4 0.043 Folica cid.	ganese, Mn	mg	0.0	04	0	RP	4		0.005		
Vitamin C, total ascorbic acid. mg 0.7 0 RP 4 0.99 Thiamin. mg 0.031 0 RP 4 0.039 Riboflavin. mg 0.146 0 RP 4 0.096 Niacin. mg 0.075 0 RP 4 0.096 Pantohenic acid. mg 0.0278 0 RP 4 0.356 Vitamin B-6. mg 0.034 0 RP 4 0.043 Folate, food. µg 0 0 RP 4 0 Folate, food. µg 4 0 RP 4 5 Folate, food. µg 4 0 NC 4 5 Folate, food. µg 4 0 NC 4 5 Folate, peta. µg 4 0 NC 4 61 Vitamin B-12. µg 48 0 NC 4 60 <	nium, Se	µg	2.1		0	RP	4		2.6		
Vitamin C, total ascorbic acid. mg 0.7 0 RP 4 0.99 Thiamin. mg 0.031 0 RP 4 0.039 Riboflavin. mg 0.146 0 RP 4 0.096 Niacin. mg 0.075 0 RP 4 0.096 Pantohenic acid. mg 0.0278 0 RP 4 0.356 Vitamin B-6. mg 0.034 0 RP 4 0.043 Folate, food. µg 0 0 RP 4 0 Folate, food. µg 4 0 RP 4 5 Folate, food. µg 4 0 NC 4 5 Folate, food. µg 4 0 NC 4 5 Folate, peta. µg 4 0 NC 4 61 Vitamin B-12. µg 48 0 NC 4 60 <	nine.										
Thiamin		ma	0.7		0	DD	4		0 0		
Riboflavin	· · · · · · · · · · · · · · · · · · ·	-									
Niacin. mg 0.075 0 RP 4 0.096 Pantothenic acid. mg 0.278 0 RP 4 0.356 Vitamin B-6. mg 0.034 0 RP 4 0.043 Folate, fool. µg 4 0 RP 4 0 Folate, food. µg 4 0 RP 4 0 Folate, DFE. µg 4 0 NC 4 5 Choline, total. mg 8 4 0 NC 4 5 Choline, total. mg 8 4 0 NC 4 5 Choline, total. mg V 8 0 NC 4 0.32 Vitamin B-12. µg 48 0 NC 4 61 Retinol. µg 47 0 RP 4 60 Carotene, beta. µg 10 0 0		-									
Pantothenic acid		-			-						
Vitamin B-6. Mg 0.034 0 RP 4 0.043 Folate, total. JLG 4 5 5 6 6 7 6 6 7 6 7 6 7 6 7 6 7 6 7 6 7		-			-		_				
Folate, total		_			-						
Folic acid.		-			0	RP	4				
Folate, food	'		0		0	RP	4		0		
Folate, DFE			4		0	RP	4		5		
Choline, total			4		0	NC	4		5		
Vitamin B-12 Jg 0.25 0 RP 4 0.32 Vitamin A, RAE Jg 48 0 NC 4 61 Retinol Jg 47 0 RP 4 60 Carotene, beta Jg 10 0 0 4 13 Carotene, alpha Jg 10 0 0 4 205 Lycopene Jg 160 0 0 4 205 Lycopene Jg 10 0 0 4 205 Lycopene Jg 10 0 0 4 205 Lycopene Jg 10 0 0 4 205 Lycopene Jg 0 0 0 4 205 Lycopene Jg 0 0 0 4 205 Lycopene Jg 0 0 0 0 4 205 Lycopene Jg 0 0 0 0 0 0 0 0 0	.,										
Vitamin A, RAE	,										
Retinol.		-	0.2	5	0	RP	4		0.32		
Carotene, beta	nin A, RAE	µg	48		0	NC	4		61		
Carotene, beta	· · · · · · · · · · · · · · · · · · ·		47		0	RP	4		60		
Carotene, alpha			10		0	0	4		13		
Vitamin A, IU	arotene, alpha	µg									
Lycopene	ryptoxanthin, beta	µg									
Lutein + zeaxanthin	nin A, IU	<u>IU</u>	160		0	0	4		205		
Vitamin E (alpha-tocopherol)	pene	µg									
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	•										
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma	•										
Tocotrienol, delta											
Vitamin D (D2 + D3) µg 0.9 0 RP 4 1.1 Vitamin D U 35 0 RP 4 45	=										
Vitamin D	*	-			^	D.D.	4		1 1		
							4				
v namni K (birvinoquinone)			35		U	R.P	*		73		
Dihydrophylloquinoneµg Menaquinone-4µg											

Nutrients and Units		<u>Ar</u>	nount in 10	00 grams	of edil	ble portion		Amount in e	dible portion o	fcommon
Nutrients and Units				Number						
Futy sids, total saturated							nfidence			
1	Nutrients and Units	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
1										
1										
60.		•								
80.		-		-						
1-20	8:0	g 0.0	18	0	RP	4				
15.0			142	0	RP	4		0.053		
14-0.		•	47	0	RP	4		0.060		
15.0.			C 0	0	D.D.	4		0.015		
1-0.		-	.00	U	RP	4		0.215		
170.		-	153	0	RP	4		0.580		
200		-								
24.0.	18:0	g 0.:	203	0	RP	4		0.259		
240		•								
Fath seids, total monoussurated		•								
1-1		•	162	0	RD	4		0 592		
15-1				J	I.E	-		0.332		
17-1										
181 undifferentiated. 9	16:1 undifferentiated	g 0.0	37	0	RP	4		0.048		
201		-								
22-1 undifferentiated. 9		•								
Patry acids, total polyunsurured		-								
Fatty acids, total polyumsaturated		•		ŭ		-		0.000		
18.2 undifferentiated.			88	0	RP	4		0.112		
18.4.			62	0	RP	4		0.079		
20/2 n-6 c.c. 9 20/3 midiferentiated. 9 7 7 4 0.000 20/5 n-3 (EPA). 9 0.000 0 RP 4 0.000 20/5 n-3 (EPA). 9 0.000 0 RP 4 0.000 20/5 n-3 (EPA). 9 0.000 0 RP 4 0.000 22/5 n-3 (DPA). 9 0.000 0 RP 4 0.000 22/5 n-3 (DPA). 9 0.000 0 RP 4 0.000 22/5 n-3 (DPA). 9 0.000 0 RP 4 0.000 22/5 n-3 (DPA). 9 0.000 0 RP 4 0.000 22/5 n-3 (DPA). 9 0.000 0 RP 4 0		•		-						
203 undifferentiated. 9			000	0	RP	4		0.000		
20.5 undifferentiated.										
Description			000	0	RP	4		0.000		
22:4			000	0	RP	4		0.000		
225 n-3 (DPA)	21:5	g								
Part		-								
Patry acids, total trans. 9	` /	•								
Cholesterol. mg 7		•	100	U	RP	4		0.000		
Phytosterols				0	RP	4		8		
Tryptophan 9 0.041 0 RP 4 0.053 Thronine 9 0.132 0 RP 4 0.169 Isoleucine 9 0.176 0 RP 4 0.226 Leucine 9 0.289 0 RP 4 0.370 Lysine 9 0.231 0 RP 4 0.295 Methionine 9 0.074 0 RP 4 0.095 Cystine 9 0.028 0 RP 4 0.095 Cystine 9 0.028 0 RP 4 0.036 Phenylalanine 9 0.142 0 RP 4 0.182 Tyrosine 9 0.142 0 RP 4 0.182 Tyrosine 9 0.196 0 RP 4 0.251 Arginine 9 0.107 0 RP 4 0.132 A										
Tryptophan 9 0.041 0 RP 4 0.053 Thronine 9 0.132 0 RP 4 0.169 Isoleucine 9 0.176 0 RP 4 0.226 Leucine 9 0.289 0 RP 4 0.370 Lysine 9 0.231 0 RP 4 0.295 Methionine 9 0.074 0 RP 4 0.095 Cystine 9 0.028 0 RP 4 0.095 Cystine 9 0.028 0 RP 4 0.036 Phenylalanine 9 0.142 0 RP 4 0.182 Tyrosine 9 0.142 0 RP 4 0.182 Tyrosine 9 0.196 0 RP 4 0.251 Arginine 9 0.107 0 RP 4 0.132 A										
Threonine	-	a 0.0	141	0	RP	4		0.053		
Soleucine	7	•								
Leucine 9 0.289 0 RP 4 0.370 Lysine 9 0.231 0 RP 4 0.295 Methionine 9 0.074 0 RP 4 0.095 Cystine 9 0.028 0 RP 4 0.036 Phenylalanine 9 0.142 0 RP 4 0.182 Tyrosine 9 0.142 0 RP 4 0.182 Valine 9 0.196 0 RP 4 0.251 Arginine 9 0.107 0 RP 4 0.137 Histidine 9 0.080 0 RP 4 0.137 Histidine 9 0.080 0 RP 4 0.132 Aspartic acid 9 0.223 0 RP 4 0.286 Glycine 9 0.062 0 RP 4 0.080 Proline 9 0.159 0 RP 4 0.364 Serine<		0								
Methionine g 0.074 0 RP 4 0.095 Cystine g 0.028 0 RP 4 0.036 Phenylalanine g 0.142 0 RP 4 0.182 Tyrosine g 0.142 0 RP 4 0.181 Valine g 0.196 0 RP 4 0.251 Arginine g 0.107 0 RP 4 0.137 Histidine g 0.080 0 RP 4 0.102 Alanine g 0.103 0 RP 4 0.132 Aspartic acid g 0.223 0 RP 4 0.286 Glutamic acid g 0.614 0 RP 4 0.786 Glycine g 0.062 0 RP 4 0.364 Serine g 0.159 0 RP 4 0.204	Leucine	g 0.:	289	0	RP	4		0.370		
Cystine 9 0.028 0 RP 4 0.036 Phenylalanine 9 0.142 0 RP 4 0.182 Tyrosine 9 0.142 0 RP 4 0.181 Valine 9 0.196 0 RP 4 0.251 Arginine 9 0.107 0 RP 4 0.137 Histidine 9 0.080 0 RP 4 0.102 Alanine 9 0.080 0 RP 4 0.132 Aspartic acid 9 0.223 0 RP 4 0.286 Glutamic acid 9 0.614 0 RP 4 0.786 Glycine 9 0.062 0 RP 4 0.080 Proline 9 0.159 0 RP 4 0.364 Serine 9 0.159 0 RP 4 0.204 <td< td=""><td>•</td><td>•</td><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	•	•		-						
Phenylalanine g 0.142 0 RP 4 0.182 Tyrosine g 0.142 0 RP 4 0.181 Valine g 0.196 0 RP 4 0.251 Arginine g 0.107 0 RP 4 0.137 Histidine g 0.080 0 RP 4 0.102 Alanine g 0.103 0 RP 4 0.132 Aspartic acid g 0.223 0 RP 4 0.286 Glycine g 0.614 0 RP 4 0.786 Glycine g 0.062 0 RP 4 0.080 Proline g 0.285 0 RP 4 0.364 Serine g 0.159 0 RP 4 0.204 Hydroxyproline g 0.0 0 RP 4 0.0 Co		•		-						
Tyrosine 9 0.142 0 RP 4 0.181 Valine 9 0.196 0 RP 4 0.251 Arginine 9 0.107 0 RP 4 0.137 Histidine 9 0.080 0 RP 4 0.102 Alanine 9 0.103 0 RP 4 0.132 Aspartic acid 9 0.223 0 RP 4 0.286 Glutamic acid 9 0.614 0 RP 4 0.786 Glycine 9 0.062 0 RP 4 0.080 Proline 9 0.285 0 RP 4 0.364 Serine 9 0.159 0 RP 4 0.204 Hydroxyproline 9 0.0 0 RP 4 0.0 Cothers: 2 0.0 0 RP 4 0.0 Cothe		•		-						
Valine g 0.196 0 RP 4 0.251 Arginine g 0.107 0 RP 4 0.137 Histidine g 0.080 0 RP 4 0.102 Alanine g 0.103 0 RP 4 0.132 Aspartic acid g 0.223 0 RP 4 0.286 Glutamic acid g 0.614 0 RP 4 0.786 Glycine g 0.062 0 RP 4 0.080 Proline g 0.285 0 RP 4 0.364 Serine g 0.159 0 RP 4 0.204 Hydroxyproline g 0 0 RP 4 0.0 Caffeine mg 0 0 RP 4 0.0		•								
Arginine 9 0.107 0 RP 4 0.137 Histidine 9 0.080 0 RP 4 0.102 Alanine 9 0.103 0 RP 4 0.132 Aspartic acid 9 0.223 0 RP 4 0.286 Glutamic acid 9 0.614 0 RP 4 0.786 Glycine 9 0.062 0 RP 4 0.080 Proline 9 0.285 0 RP 4 0.364 Serine 9 0.159 0 RP 4 0.204 Hydroxyproline 9 0.159 0 RP 4 0.204 Cothers: 2 0.0 0 RP 4 0.0 Caffeine mg 0 0 RP 4 0.0		•								
Alanine g 0.103 0 RP 4 0.132 Aspartic acid g 0.223 0 RP 4 0.286 Glutamic acid g 0.614 0 RP 4 0.786 Glycine g 0.062 0 RP 4 0.080 Proline g 0.285 0 RP 4 0.364 Serine g 0.159 0 RP 4 0.204 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 RP 4 0.0 Caffeine mg 0 0 RP 4 0.0			.07	0	RP	4		0.137		
Aspartic acid	Histidine	g 0.0	080	0	RP			0.102		
Glutamic acid		•		-						
Glycine g 0.062 0 RP 4 0.080 Proline g 0.285 0 RP 4 0.364 Serine g 0.159 0 RP 4 0.204 Hydroxyproline g 0 RP 4 0.204 Others: Alcohol, ethyl g 0.0 0 RP 4 0.0 Caffeine mg 0 0 RP 4 0 0	•	•		-						
Proline g 0.285 0 RP 4 0.364 Serine g 0.159 0 RP 4 0.204 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 RP 4 0.0 Caffeine mg 0 0 RP 4 0		•								
Serine g 0.159 0 RP 4 0.204 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 RP 4 0.0 Caffeine mg 0 0 RP 4 0.0	•	-								
Hydroxyprolineg Others: Alcohol, ethyl		•								
Alcohol, ethyl		•								
Alcohol, ethyl	Others:									
Caffeinemg 0 0 RP 4 0		g 0.0)	0	RP	4		0.0		
Theobrominemg 0 0 RP 4 0		0		0		4				
	Theobromine	mg 0		0	RP	4		0		

Puddings, vanilla, dry mix, regular, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		An	ount in 10	0 grams	of edi	ble portio	<u>on</u>	Amount in e	dible portion	of common
				Num ber					easures of fo	
				of Data	Deriv	Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.4	9	0	RP	4		104.29	416.41	
Energy		113		0	RP	4		158	632	
Energy	kJ	473		0	RP	4		662	2643	
Protein	g	2.8	0	0	RP	4		3.92	15.66	
Total lipid (fat)	g	2.9	0	0	RP	4		4.06	16.22	
Ash		0.9		0	RP	4		1.26	5.04	
Carbohydrate, by difference		18.9		0	RP	4		26.48	105.75	
Fiber, total dietary		0.1		0	RP	4		0.1	0.5	
Sugars, total		17.0	9	0	RP	4		23.93	95.53	
Starch	g									
Minerals:										
Calcium, Ca	ma	99		0	RP	4		139	554	
Iron. Fe		0.0	4	0	RP	4		0.06	0.23	
Magnesium, Mg		9		0	RP	4		12	50	
Phosphorus, P	mg	74		0	RP	4		103	412	
Potassium, K	mg	119		0	RP	4		166	663	
Sodium, Na	mg	156		0	RP	4		218	871	
Zinc, Zn	<u>mg</u>	0.3		0	RP	4		0.46	1.84	
Copper, Cu		0.0		0	RP	4		0.035	0.140	
Manganese, Mn		0.0		0	RP	4		0.007	0.028	
Selenium, Se	µg	3.3		0	RP	4		4.7	18.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
Thiamin	mg	0.0	36	0	RP	4		0.051	0.202	
Riboflavin	mg	0.1	49	0	RP	4		0.209	0.834	
Niacin	mg	0.0	78	0	RP	4		0.109	0.433	
Pantothenic acid	mg	0.3		0	RP	4		0.456	1.821	
Vitamin B-6	-	0.0	28	0	RP	4		0.039	0.157	
Folate, total		4		0	RP	4		5	21	
Folic acid		0		0	RP	4		0	0	
Folate, food		4		0	RP	4		5	21	
Folate, DFE		4		0	NC	4		5	21	
Choline, total		11.2		0	RP	4		15.7	62.8	
Betaine Vitamin B-12	-	0.3	1	0	RP	4		0.44	1.75	
Vitamin B-12Vitamin B-12. added		0.0		0	RP	4		0.00	0.00	
Vitamin A, RAE		40	•	0	NC	4		56	224	
Retinol		40		0	RP	4		55	221	
Carotene, beta		6		0	RP	4		8	32	
Carotene, alpha		0		0	RP	4		0	0	
Cryptoxanthin, beta		0		0	RP	4		0	0	
Vitamin A, IU		141		0	NC	4		198	790	
Lycopene	µg	0		0	RP	4		0	0	
Lutein + zeaxanthin		0		0	RP	4		0	0	
Vitamin E (alpha-tocopherol)		0.0	6	0	RP	4		0.09	0.35	
Vitamin E, added	mg	0.0	0	0	RP	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta Vitamin D (D2 + D3)		1.1		0	AS	1		1.6	6.2	
Vitamin D		45		0	RP	4		62	249	
Vitamin K (phylloquinone)		0.2		0	RP	4		0.3	1.3	
Dihydrophylloquinone		J.2		Ū		-		0.5	1.5	
Menaquinone-4		0.8		0	RP	4		1.2	4.6	

	Amount in	100 grams	of edi	ble portion	Amount in e	edible portion	of common_
		Number			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Confidence			
Nutrients and Units	Mean Std. Err	or Points			Measure 1	Measure 2	Measure 3
<u>Lipids:</u>							
Fatty acids, total saturatedg	1.643	0	RP	4	2.301	9.186	
4:0g	0.065	0	RP	4	0.091	0.364	
6:0g	0.065	0	RP	4	0.091	0.364	
8:0g	0.065	0	RP	4	0.091	0.364	
10:0g	0.065	0	RP	4	0.091	0.364	
12:0g	0.067	0	RP	4	0.094	0.374	
13:0g	0.000	0	RP	4	0.000	0.000	
14:0g	0.259	0	RP	4	0.363	1.449	
15:0g	0.000	0	RP	4	0.000	0.000	
16:0g	0.738	0	RP	4	1.033	4.126	
17:0g	0.000	0	RP	4	0.000	0.000	
18:0g	0.319	0	RP	4	0.446	1.781	
20:0g	0.000	0	RP	4	0.000	0.000	
22:0g	0.000	0	RP	4	0.000	0.000	
24:0g	0.000	0	RP	4	0.000	0.000	
Fatty acids, total monounsaturatedg	0.714	0	RP	4	1.000	3.993	
14:1g	0.000	0	RP	4	0.000	0.000	
15:1g	0.000	· ·	K	-	0.000	0.000	
15:1	0.000	0	RP	4	0.000	0.000	
=	0.000	U	RP	4	0.000	0.000	
17:1	0.714	0	RP	4	1.000	2 002	
18:1 undifferentiated		-		=		3.993	
20:1g	0.000	0	RP	4	0.000	0.000	
22:1 undifferentiatedg	0.000	0	RP	4	0.000	0.000	
24:1 cg				_			
Fatty acids, total polyunsaturatedg	0.197	0	RP	4	0.275	1.100	
18:2 undifferentiatedg	0.130	0	RP	4	0.182	0.727	
18:3 undifferentiated	0.067	0	RP	4	0.093	0.373	
18:4g	0.000	0	RP	4	0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiated	0.000	0	RP	4	0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	RP	4	0.000	0.000	
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	RP	4	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	RP	4	0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	9	0	RP	4	13	51	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	RP	4	0.0	0.0	
Caffeinemg	0	0	RP	4	0	0	
Theobrominemg	0	0	RP	4	0	0	

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19710 Puddings, vanilla, dry mix, regular, with added oil

Refuse:0%

Lipids:

		<u>Am o</u>	unt in 100 gr		of edik	ole portion		edible portion	
				nber				easures of fo	<u>ou</u>
			of	Data	Deriv	Source Confiden	ce		
Nutrients and U	nits	Mean S	td. Error Po	ints	Code	Code Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	3.90	0.165	22		1	3.43	0.86	
Energy	kcal	369		0	NC	4	325	81	
Energy	kJ	1544				4	1359	340	
Protein (N x 6.25)		0.30		1		1	0.26	0.07	
Total lipid (fat)		1.10		0		1	0.97	0.24	
Ash		2.00	0.087	22		1	1.76	0.44	
Carbohydrate, by difference	_	92.40		0	NC	4	81.31	20.33	
Fiber, total dietary		0.0		0	BFZN		0.0	0.0	
		0.0		Ü	DI ZI	*	0.0	0.0	
Sugars, total									
Starch	g								
Minerals:		1-		•			12	2	
Calcium, Ca	_	15 0.05		0		4 4	13 0.04	3 0.01	
Iron, Fe	_			-		4	0.04 4		
Magnesium, Mg		5		0		4		1 1	
Phosphorus, P		3 20	1.431	-		4 1	3 18	4	
Potassium, K	_	754	17.337			1	664	166	
Sodium, Na	_		17.337	0		4			
Zinc, Zn	-	0.09 0.020		0		4	0.08 0.018	0.02 0.004	
Copper, Cu	_	0.020		1		4	0.018	0.004	
Manganese, Mn Selenium, Se		0.013		0	BFZN	4	0.8	0.003	
,									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	-	0.0		0		4	0.0	0.0	
Thiamin		0.000		0		4	0.000	0.000	
Riboflavin	-	0.000		0		4	0.000	0.000	
Niacin		0.000		0		4	0.000	0.000	
Pantothenic acid	_	0.004		1		4	0.004	0.001	
Vitamin B-6	_	0.000		0		4	0.000	0.000	
Folate, total		0		1		4	0	0	
Folic acid		0		0	Z	7	0	0	
Folate, food		0		1		4	0	0	
Folate, DFE		0		0	NC	4	0	0	
Choline, total	-								
Betaine									
Vitamin B-12		0.00		0		4	0.00	0.00	
Vitamin A, RAE		0		0	AS	1	0	0	
Retinol		0		0	Z	7	0	0	
Carotene, beta									
Carotene, alpha									
Cryptoxanthin, beta									
Vitamin A, IU		0		0		4	0	0	
Lycopene									
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								

	<u>A</u>	mount in 1	100 grams Number		ele portion	Amount	in edible portion measures of fo			
Nutrients and Units	Mean	Std. Erro	of Data or Points		Source Confider Code Code		1 Measure 2	Measure 3		
Fatty acids, total saturated	•	200	0		1	0.1	76 0.044			
6:0	g g									
12:0	g g									
16:0	g 0. g	160 040	0		1	0.1				
20:0	g g	040	Ü		-	0.0	33 0.009			
Fatty acids, total monounsaturated	g 0. g	320	0		1	0.2	82 0.070			
16:1 undifferentiated	g g 0.	320	0		1	0.2	82 0.070			
20:1	g g	F.20	•			0.4	66 0.118			
Fatty acids, total polyunsaturated	g 0.	530 500 030	0 0 0		1 1 1	0.40 0.44 0.03	40 0.110			
18:4	g g	030	J		-	0.0	20 0.007			
20:4 undifferentiated	g g									
22:4	g g									
Fatty acids, total trans	mg 0		0		4	0	0			
Amino Acids: Tryptophan	g 0	001	0		1	0.0	01 0.000			
Threonine	g 0.	009	0		1	0.0	0.002			
Isoleucine	o .	010 035	0 0		1 1	0.0				
Lysine	•	006	0		1	0.0				
Methionine	•	005 006	0		1 1	0.0				
Phenylalanine	•	013	0		1	0.0				
Tyrosine	g 0.	010	0		1	0.0	0.002			
Valine	•	013	0		1	0.0				
Arginine Histidine	•	012 008	0		1 1	0.0				
Alanine	•	019	0		1	0.0				
Aspartic acid	g 0.	020	0		1	0.0	18 0.004			
Glutamic acid	•	052	0		1	0.0				
Glycine	•	009 024	0		1 1	0.0				
Serine	o .	011	0		1	0.0				
Hydroxyproline										
Others:	_									
Alcohol, ethyl			0	z	7	0	0			
Theobromine	•		0	Z	7	0	0			

Puddings, vanilla, dry mix, regular, with added oil

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

Refuse:0%

		<u>Am o</u>	<u>unt in 100 g</u>	rams	of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Mii	m be	~				easures of fo		
						Source	Confidence	_			
Nutrients and Un	its	Mean S	itd. Error P				Code	Measure 1	Measure 2	Measure 3	
Proximates:	а	71.66	0.657	7 4	A	1	С	20.32	78.83	69.51	
Energy		130		0	NC	4	J	37	143	126	
Energy		545		0	NC	4		154	599	528	
Protein (N x 6.25)		1.45	0.050) 4	A	1	С	0.41	1.59	1.41	
Total lipid (fat)		3.78	0.345	5 4	A	1	С	1.07	4.15	3.66	
Ash		0.51	0.007	7 4	A	1	C	0.14	0.56	0.49	
Carbohydrate, by difference	g	22.60		0	NC	4		6.41	24.86	21.93	
Fiber, total dietary	g	0.0	0.000) 4	A	1	С	0.0	0.0	0.0	
Sugars, total	g	16.97	1.135	5 4	A	1	С	4.81	18.67	16.47	
Sucrose	g	15.17	1.118	3 4	A	1	C	4.30	16.69	14.72	
Glucose (dextrose)	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00	
Fructose	g	0.00	0.000		A	1	С	0.00	0.00	0.00	
Lactose		1.80	0.017		A	1	С	0.51	1.98	1.75	
Maltose		0.00	0.000		A	1	С	0.00	0.00	0.00	
Galactose		0.00	0.000) 4	A	1	С	0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	_	49	0.400		A	1	C	14	54	47	
Iron, Fe		0.09	0.007		A	1	C	0.03	0.10	0.09	
Magnesium, Mg		4	0.058		A	1	С	1	5	4	
Phosphorus, P		41	2.325		A	1	C	12	45	40	
Potassium, K	-	65 142	1.200 0.500		A A	1 1	C C	18 40	71 156	63 138	
Sodium, NaZinc, Zn	_	0.16	0.004		A	1	C	0.04	0.17	0.15	
Copper, Cu		0.018			A	1	C	0.005	0.020	0.01	
Manganese, Mn		0.011			A	1	C	0.003	0.012	0.01	
Selenium, Se		0.0	0.000		A	1	C	0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		0	FLA	4		0.1	0.2	0.2	
Thiamin	mg	0.019	0.005	5 4	A	1	С	0.005	0.021	0.01	
Riboflavin	mg	0.071	0.004	4	A	1	C	0.020	0.079	0.06	
Niacin	mg	0.057		3	A	1	C	0.016	0.063	0.05	
Pantothenic acid	mg	0.153			A	1	C	0.043	0.168	0.14	
Vitamin B-6	-	0.019	0.000		A	1	С	0.005	0.020	0.01	
Folate, total		2		0	FLA	4		0	2	2	
Folic acid		0		0	FLA	4		0	0	0	
Folate, food		2 2		0	FLA NC	4 4		0 0	2	2 2	
Folate, DFE Choline, total		6.2		0	FLA	4		1.8	2 6.8	6.0	
Betaine		0.2		U	FLIA	-		1.0	0.0	0.0	
Vitamin B-12		0.15	0.038	3 4	A	1	С	0.04	0.17	0.15	
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin A, RAE		2		0	FLA	4		0	2	2	
Retinol	µg	2		0	FLA	4		0	2	2	
Carotene, beta		0	0.000	4	A	1	С	0	0	0	
Carotene, alpha	µg	0	0.000	4	A	1	C	0	0	0	
Cryptoxanthin, beta	µg	0	0.000	4	A	1	С	0	0	0	
Vitamin A, IU		6		0	FLA	4		2	7	6	
Lycopene		0	0.000		A	1	C	0	0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	-	0.30		0	FLA	4		0.08	0.33	0.29	
Vitamin E, added		0.00		0	FLA	4	_	0.00	0.00	0.00	
Tocopherol, beta		0.01	0.005		A	1	C	0.00	0.01	0.01	
Tocopherol, gamma		1.13	0.383		A	1	C	0.32	1.24	1.10	
Tocopherol, delta		0.45	0.193	3 4	A	1	С	0.13	0.50	0.44	
Tocotrienol, alpha											
Tocotrienol, beta	g										

	<u>Am ou</u>	nt in 100 grams	of edi	ble porti	<u>on</u>	Amount in 6	edible portion o	of common
		Nh. ma la a	_				easures of foo	
		Num be		•		<u></u>	0404.00 0. 100	<u>.u</u>
Nutrionto and Unita	Maan Sta	of Data I. Error Points			Confidence Code	Magaura 1	Magaura 2	Magazira 2
Nutrients and Units	Mean Sto	1. Error Tollits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg								
Tocotrienol, deltamg								
Vitamin D (D2 + D3)µg	0.0	0	AS	1		0.0	0.0	0.0
Vitamin DIU	0	0	FLA	4		0	0	0
Vitamin K (phylloquinone)µg	0.6	0.025 4	A	1	С	0.2	0.7	0.6
Dihydrophylloquinoneµg								
Menaquinone-4µg								
<u>Lipids:</u>		_						
Fatty acids, total saturatedg	1.016	0	FLA	4		0.288	1.118	0.986
4:0g	0.005	0	FLA	4		0.001	0.005	0.005
6:0g	0.004 0.000		FLA A	4 1	С	0.001	0.004	0.004
8:0g	0.000	0.000 4 0.000 4		1	C	0.000	0.000 0.000	0.000
10:0g 12:0g	0.000	0.000 4	A A	1	C	0.000	0.000	0.000
13:0g	0.000	0.000 4	FLA	4	C	0.000	0.000	0.000
13:0	0.010	0.000 4	A	1	С	0.003	0.000	0.009
14:0	0.000	0.000 4	A	1	C	0.003	0.000	0.009
16:0g	0.508	0.054 4	A	1	C	0.000	0.559	0.493
17:0g	0.001	0.001 4	A	1	C	0.000	0.001	0.001
18:0g	0.473	0.037 4	A	1	C	0.134	0.521	0.459
20:0g	0.015	0.000 4	A	1	C	0.004	0.016	0.014
22:0g	0.019	0.000 4	A	1	C	0.004	0.010	0.009
24:0g	0.000	0	FLA	4	Ğ	0.000	0.000	0.000
Fatty acids, total monounsaturatedg	2.286	0	FLA	4		0.648	2.515	2.218
14:19	0.000	0.000 4	A	1	С	0.000	0.000	0.000
15:1g	0.000	0.000 4	A	1	C	0.000	0.000	0.000
16:1 undifferentiatedg	0.005	0.002 4	A	1	C	0.001	0.005	0.004
17:1g	0.000	0.000 4	A	1	C	0.000	0.000	0.000
18:1 undifferentiated	2.275	0.171 4	A	1	C	0.645	2.502	2.206
20:1g	0.007	0.003 4	A	1	С	0.002	0.008	0.007
22:1 undifferentiatedg	0.000	0	FLA	4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	0.087	0	FLA	4		0.025	0.095	0.084
18:2 undifferentiatedg	0.087	0.004 4	A	1	С	0.025	0.095	0.084
18:3 undifferentiatedg	0.000	0.000 4	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)g	0.000	0.000 4	A	1	C	0.000	0.000	0.000
18:3 n-6 c,c,c	0.000	0.000 4	A	1	C	0.000	0.000	0.000
18:3ig								
18:4g	0.000	0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.000	0.000 4	A	1	С	0.000	0.000	0.000
20:3 undifferentiatedg	0.000	0.000 4	A	1	С	0.000	0.000	0.000
20:3 n-3g								
20:3 n-6g								
20:4 undifferentiatedg	0.000	0.000 4	A	1	С	0.000	0.000	0.000
20:4 n-6g								
20:5 n-3 (EPA)g	0.000	0	FLA	4		0.000	0.000	0.000
21:5g								
22:4g		_						
22:5 n-3 (DPA)g	0.000	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	0	FLA	4		0.000	0.000	0.000
Fatty acids, total transg	•	•				•	_	-
Cholesterolmg	1	0	FLA	4		0	1	1
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0	0.0
Caffeinemg	0	0	FLA	4		0	0	0
Theobrominemg	0	0	FLA	4		0	0	0

Puddings, vanilla, ready-to-eat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 110g: 1 container refrigerated 4 oz Measure 3 = 97g: 1 container shelf stable 3.5 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	u gram s	or edil	pie porti	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
nan onto ana on		ouii	0.0.					mousure :	modouro 2	ououio	
Proximates:											
Water	g	76.93	3	0	0	4		76.16			
Energy	kcal	89		0	NC	4		88			
Energy	kJ	371		0	NC	4		367			
Protein (N x 6.25)	g	2.02	2	1	LC	8		2.00			
Total lipid (fat)	g	0.00)	1	LC	8		0.00			
Ash	g	0.90)	0	FLC	4		0.89			
Carbohydrate, by difference	g	20.16	5	1	LC	8		19.95			
Fiber, total dietary	g	0.0		1	LC	8		0.0			
Sugars, total	g	15.12	2	1	LC	8		14.97			
Starch	g										
Minerals:											
Calcium, Ca	mc	40		1	LC	8		40			
Iron, Fe	-	40 0.36		1	LC LC	8		0.36			
Magnesium, Mg		7	,	0	FLC	4		7			
Phosphorus, P		, 54		0	FLC	4		, 53			
Potassium, K		108		0	FLC	4		107			
Sodium, Na	-	191		1	LC	8		190			
Zinc, Zn	-	0.23	3	0	FLC	4		0.23			
Copper, Cu	-	0.01		0	FLC	4		0.013			
Manganese, Mn		0.00)4	0	FLC	4		0.004			
Selenium, Se		1.7		0	FLC	4		1.7			
Vitamina											
Vitamins:		1.0				•		1.0			
Vitamin C, total ascorbic acid	-	1.2 0.02	22	1 0	LC FLC	8 4		1.2 0.021			
Thiamin	-	0.02		0	FLC	4		0.021			
Riboflavin	-	0.05		0	FLC	4		0.087			
Niacin Pantothenic acid	-	0.19		0	FLC	4		0.032			
Vitamin B-6	-	0.01		0	FLC	4		0.019			
Folate, total	-	3		0	FLC	4		3			
Folic acid		0		0	FLC	4		0			
Folate, food		3		0	FLC	4		3			
Folate, DFE		3		0	NC	4		3			
Choline, total		4.8		0	0	4		4.8			
Betaine				•	·	-					
Vitamin B-12		0.21	L	0	FLC	4		0.21			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE		1		0	NC	4		1			
Retinol		0		0	FLC	4		0			
Carotene, beta	· -	5		0	FLC	4		5			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		1		0	NR	4		1			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		0		0	FLC	4		0			
Vitamin E (alpha-tocopherol)		0.00)	0	FLC	4		0.00			
Vitamin E, added		0.00)	0	FLC	4		0.00			
Tocopherol, beta	mg	0.00)	0	FLC	4		0.00			
Tocopherol, gamma		0.00)	0	FLC	4		0.00			
Tocopherol, delta	mg	0.00)	0	FLC	4		0.00			
Tocotrienol, alpha											
Tocotrienol, beta	mg										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0			
Vitamin D		0		0	FLA	4		0			
Vitamin K (phylloquinone)	µg	0.0		0	FLC	4		0.0			
	µg										

	Amou	nt in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean St	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.000		1	LC	8		0.000		
4:0g	0.000		0	FLC	4		0.000		
6:0g	0.000		0	FLC	4		0.000		
8:0g	0.000		0	FLC	4		0.000		
10:0g	0.000		0	FLC	4		0.000		
12:0g	0.000		0	FLC	4		0.000		
13:0g									
14:0g	0.000		0	FLC	4		0.000		
15:0g									
16:0g	0.000		0	FLC	4		0.000		
17:0g									
18:0g	0.000		0	FLC	4		0.000		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.000		0	FLC	4		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLC	4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0	FLC	4		0.000		
20:1g	0.000		0	FLC	4		0.000		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0	FLC	4		0.000		
18:2 undifferentiatedg	0.000		0	FLC	4		0.000		
18:3 undifferentiatedg	0.000		0	FLC	4		0.000		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0	FLC	4		0.000		
20:4 undifferentiated	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)	0.000		U	FLC	4		0.000		
22:4g 22:5 n-3 (DPA)g	0.000		0	FLC	4		0.000		
22:5 n-3 (DHA)g	0.000		0	FLC	4		0.000		
Fatty acids, total trans	0.000		·	2110	-		0.000		
Cholesterolmg	0		1	LC	8		0		
Phytosterolsmg	v		-	ш	J		J		
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	U		U	FIIC	7		U		

Common Measures:

Measure 1 = 99g: 1 serving 3.5 oz shelf stable

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		An	ount in 10	u gram s	ot edil	oie portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
				of Data	Deriv	Source (Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	80.3	9	0	RPI	6					
Energy		85	-	0	RPI	6					
Energy		357		0	RPI	6					
Protein		3.2	4	0	RPI	6					
Total lipid (fat)		2.0		0	RPI	6					
Ash		0.8		0	RPI	6					
Carbohydrate, by difference	-	13.4		0	RPI	6					
Fiber, total dietary		0.5		0	RPI	6					
•		0.5		Ū	Kri	Ū					
Sugars, total											
Starch	9										
Minerals:_											
Calcium, Ca	mg	126		0	RPI	6					
Iron, Fe	mg	0.3	0	0	RPI	6					
Magnesium, Mg	mg	20		0	RPI	6					
Phosphorus, P	mg	98		0	RPI	6					
Potassium, K	mg	182		0	RPI	6					
Sodium, Na	<u>mg</u>	52		0	RPI	6					
Zinc, Zn		0.5		0	RPI	6					
Copper, Cu		0.0		0	RPI	6					
Manganese, Mn		0.0		0	RPI	6					
Selenium, Se	µg	2.3		0	RPI	6					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6					
Thiamin	mg	0.0	37	0	RPI	6					
Riboflavin	mg	0.1	55	0	RPI	6					
Niacin	mg	0.1	08	0	RPI	6					
Pantothenic acid	mg	0.2	92	0	RPI	6					
Vitamin B-6	mg	0.0	42	0	RPI	6					
Folate, total	µg	5		0	RPI	6					
Folic acid	µg	0		0	RPI	6					
Folate, food	µg	5		0	RPI	6					
Folate, DFE	µg	5		0	NC	4					
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.3	3	0	RPI	6					
Vitamin A, RAE	µg	50		0	NC	4					
Retinol		50		0	RPI	6					
Carotene, beta	µg	11		0	0	4					
Carotene, alpha	µg										
Cryptoxanthin, beta											
Vitamin A, IU		170		0	0	4					
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta		0.9		0	RPI	6					
Vitamin D (D2 + D3)		36		0	RPI	6					
Vitamin D		30		U	KPI	О					
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	µy										

	<u>Ar</u>	nount in	100 grams	of edi	ble porti	<u>on</u>	Amount in e	dible portion o	of common		
			Number			Amount in edible portion of common measures of food					
					Source	Confidence			_		
Nutrients and Units	Mean	Std. Er	ror Points		Code	Code	Measure 1	Measure 2	Measure 3		
			_								
Fatty acids, total saturated			0	RPA RPA	1 1						
6:0	•		0	RPA	1						
8:0	=		0	RPA	1						
10:0		43	0	RPA	1						
12:0	g 0.0	49	0	RPA	1						
13:0	=		_		_						
14:0	=	.74	0	RPA	1						
15:0 16:0	=	39	0	RPA	1						
17:0	•		-		_						
18:0	g 0.3	19	0	RPA	1						
20:0											
22:0											
24:0Fatty acids, total monounsaturated		:01	0	RPA	1						
14:1	•	.01	Ū	KFA	_						
15:1											
16:1 undifferentiated	•	40	0	RPA	1						
17:1											
18:1 undifferentiated	•		0	RPA	1						
20:1	•		0	RPA	1 1						
22:1 undifferentiated 24:1 c		100	U	RPA	1						
Fatty acids, total polyunsaturated	=	73	0	RPA	1						
18:2 undifferentiated			0	RPA	1						
18:3 undifferentiated		25	0	RPA	1						
18:4		00	0	RPA	1						
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated		.00	0	RPA	1						
20:5 n-3 (EPA)			0	RPA	1						
21:5			•		_						
22:4	-										
22:5 n-3 (DPA)	•		0	RPA	1						
22:6 n-3 (DHA)	=	00	0	RPA	1						
Fatty acids, total trans			0	RPI	6						
Phytosterols			U	RPI	0						
•	9										
Amino Acids:	g 0.0	45	0	RPA	1						
TryptophanThreonine	.0		0	RPA	1						
Isoleucine			0	RPA	1						
Leucine	•	07	0	RPA	1						
Lysine	.g 0.2	:50	0	RPA	1						
Methionine	=		0	RPA	1						
Cystine			0	RPA	1						
Phenylalanine			0	RPA RPA	1 1						
TyrosineValine	•		0	RPA	1						
Arginine	.0		0	RPA	1						
Histidine	=	85	0	RPA	1						
Alanine	.g 0.1	.17	0	RPA	1						
Aspartic acid			0	RPA	1						
Glutamic acid			0	RPA	1						
Glycine	=		0	RPA	1 1						
ProlineSerine			0	RPA RPA	1						
Hydroxyproline	•		U	REA	-						
	-										
Others:	a		0	RPI	_						
Alcohol, ethyl	=		0	RPI	6 6						
Theobromine			0	RPI	6						

Rennin, chocolate, dry mix, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	o gram s	oreall	vie porti	<u>on</u>	Amount in edible portion of common				
				Num ber				measures of food				
				of Data	Deriv	Source	Confidence					
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
roximates:												
Water		79.2	9	0	RPI	6						
Energy	kcal	96		0	RPI	6						
Energy	kJ	403		0	RPI	6						
Protein	g	3.2	0	0	RPI	6						
Total lipid (fat)	g	3.3	4	0	RPI	6						
Ash	g	0.7	9	0	RPI	6						
Carbohydrate, by difference	g	13.3	4	0	RPI	6						
Fiber, total dietary		0.5		0	RPI	6						
Sugars, total												
Starch												
<u>finerals:</u>												
Calcium, Ca	mg	124		0	RPI	6						
Iron, Fe	_	0.3	0	0	RPI	6						
Magnesium, Mg	mg	20		0	RPI	6						
Phosphorus, P		97		0	RPI	6						
Potassium, K		179		0	RPI	6						
Sodium, Na	_	51		0	RPI	6						
Zinc, Zn	mg	0.5	0	0	RPI	6						
Copper, Cu	mg	0.0	83	0	RPI	6						
Manganese, Mn	mg	0.0	68	0	RPI	6						
Selenium, Se	µg	2.1		0	RPI	6						
itamins:												
Vitamin C, total ascorbic acid	ma	0.8		0	RPI	6						
,	_	0.0	36	0	RPI	6						
Thiamin				0								
Riboflavin	_	0.1		•	RPI	6						
Niacin	_	0.1		0	RPI	6						
Pantothenic acid	_	0.2		0	RPI	6						
Vitamin B-6	_	0.0	41	0	RPI	6						
Folate, total		5		0	RPI	6						
Folic acid		0		0	RPI	6						
Folate, food		5		0	RPI	6						
Folate, DFE		5		0	NC	4						
Choline, total	_											
Betaine			_									
Vitamin B-12		0.3	2	0	RPI	6						
Vitamin A, RAE		27		0	NC	4						
Retinol		25		0	RPI	6						
Carotene, beta		16		0	0	4						
Carotene, alpha												
Cryptoxanthin, beta	µg											
Vitamin A, IU	JU	110		0	0	4						
Lycopene	µg											
Lutein + zeaxanthin	µg											
Vitamin E (alpha-tocopherol)	mg											
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta	mg											
Tocotrienol, alpha	mg											
Tocotrienol, beta	mg											
Tocotrienol, gamma	mg											
Tocotrienol, delta												
Vitamin D (D2 + D3)		0.9		0	RPI	6						
Vitamin D		36		0	RPI	6						
Vitamin K (phylloquinone)												
Dihydrophylloquinone												

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 1.999 Fatty acids, total saturated......g RPA 1 1 4:0.....g 0.097 0 RPA 0.058 RPA 6:0.....g 1 0 RPA 8:0.....g 0.033 1 10:0.....g 0.076 0 RPA 1 12:0.....g 0.085 0 RPA 1 13:0.....g 0.302 0 RPA 1 14:0.....g 0.875 16·0 a 0 RPA 1 17:0.....g 0.474 0 RPA 18:0.....g 1 20:0.....g 24:0.....g 0.932 1 Fatty acids, total monounsaturated......g 0 RPA 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.069 0 RPA 1 17:1.....g 18:1 undifferentiated......g 0.863 0 RPA 1 20:1.....g 0.000 ٥ RPA 1 0.000 0 1 24:1 c.....g 0.121 0 RPA 1 Fatty acids, total polyunsaturated......g 0.077 18:2 undifferentiated....... 0 RPA 1 0.044 18:3 undifferentiated......g 0 RPA 1 0.000 RPA 1 18:4.....g 0 20:2 n-6 c,c....g 20:3 undifferentiated......g 20:4 undifferentiated.....g 0.000 0 RPA 1 0.000 20:5 n-3 (EPA)......g 0 RPA 1 21:5.....g 22:4....g 0.000 22:5 n-3 (DPA).....g 0 RPA 1 0.000 22:6 n-3 (DHA)......g RPA 1 Fatty acids, total trans......g Cholesterol....mg 12 0 RPI 6 Phytosterols.....mg 0 0 RPA 1 Amino Acids: Tryptophan.....g 0.044 0 RPA 1 0.143 0 RPA Threonine.....g 1 Isoleucine.....g 0.188 0 RPA 1 0.303 RPA 1 Leucine. 9 0 RPA Lysine.....g 0.247 1 0.077 0 RPA 1 Methionine.....g Cystine.....g 0.030 0 RPA 1 Phenylalanine.....g 0.154 RPA 1 Tyrosine.....g 0.151 ٥ RPA 1 0.211 0 RPA 1 Arginine.....g 0.122 0 RPA 1 0.084 RPA 1 Alanine.....g 0.115 0 RPA 1 0.248 0 RPA 1 Aspartic acid.....g 0.655 0 RPA 1 Glutamic acid.....g Glycine.....g 0.082 RPA 1 0.302 Proline.....g O RPA 1 0.171 1 Hydroxyproline.....g Others: Alcohol, ethyl.....g 0.0 0 RPI 6 Caffeine....mg 0 RPI 6 42 0 RPI 6

Rennin, chocolate, dry mix, prepared with whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10		Amount in edible portion of common measures of food					
				Number of Data		Source	Confidence	<u></u>	Cusules of IO	<u> </u>
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	α	82.1	1	0	RPI	6				
Energy		77	_	0	RPI	6				
Energy		324		0	RPI	6				
Protein		3.0	6	0	RPI	6				
Total lipid (fat)	_	1.7	7	0	RPI	6				
Ash	-	0.7		0	RPI	6				
Carbohydrate, by difference		12.3	4	0	RPI	6				
Fiber, total dietary		0.0		0	RPI	6				
Sugars, total										
Starch										
Saici	9									
Minerals:										
Calcium, Ca	mg	121		0	RPI	6				
Iron, Fe	mg	0.0	5	0	RPI	6				
Magnesium, Mg	mg	13		0	RPI	6				
Phosphorus, P	mg	95		0	RPI	6				
Potassium, K	mg	142		0	RPI	6				
Sodium, Na	-	46		0	RPI	6				
Zinc, Zn	-	0.3		0	RPI	6				
Copper, Cu	-	0.0		0	RPI	6				
Manganese, Mn		0.0		0	RPI	6				
Selenium, Se	µg	2.1		0	RPI	6				
/itamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	-	0.0	36	0	RPI	6				
Riboflavin		0.1	53	0	RPI	6				
Niacin	-	0.0	79	0	RPI	6				
Pantothenic acid	mg	0.2	94	0	RPI	6				
Vitamin B-6		0.0	40	0	RPI	6				
Folate, total	µg	5		0	RPI	6				
Folic acid	µg	0		0	RPI	6				
Folate, food	µg	5		0	RPI	6				
Folate, DFE		5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.3	3	0	RPI	6				
Vitamin A, RAE	µg	51		0	NC	4				
Retinol	µg	51		0	RPI	6				
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	JU	170		0	0	4				
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				_		_				
Vitamin D (D2 + D3)	1.7	0.9		0	RPI	6				
Vitamin D		37		0	RPI	6				
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	ua									

	<u> </u>	moun	t in 10	0 grams	of edi	ble porti	<u>ion</u>	Amount in e	dible portion of	of common	
				Number				measures of food			
						Source	Confidence				
Nutrients and Units	Mear	644	Error	Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and Onits	IVICAL	Siu	. 6101	. 0				Weasure i	Weasure 2	Weasure 3	
Ester aside total astronated	a 1	061		0	מתם	1					
Fatty acids, total saturated4:0		.061 .057		0	RPA RPA	1					
6:0		.034		0	RPA	1					
8:0	-	.019		0	RPA	1					
10:0	-	.044		0	RPA	1					
12:0	•	.050		0	RPA	1					
13:0											
14:0	g 0	.178		0	RPA	1					
15:0	g										
16:0	-	.465		0	RPA	1					
17:0	-										
18:0	•	.214		0	RPA	1					
20:0	-										
22:0 24:0	-										
Fatty acids, total monounsaturated	-	.484		0	RPA	1					
14:1	•			•		_					
15:1	-										
16:1 undifferentiated	•	.040		0	RPA	1					
17:1	g										
18:1 undifferentiated	g 0	.444		0	RPA	1					
20:1	g 0	.000		0	RPA	1					
22:1 undifferentiated		.000		0	RPA	1					
24:1 c											
Fatty acids, total polyunsaturated		.065		0	RPA	1					
18:2 undifferentiated	-	.040		0 0	RPA	1					
18:3 undifferentiated	-	.026		0	RPA RPA	1 1					
18:4 20:2 n-6 c.c.	-	.000		U	RPA	1					
20:3 undifferentiated	-										
20:4 undifferentiated		.000		0	RPA	1					
20:5 n-3 (EPA)	-	.000		0	RPA	1					
21:5											
22:4											
22:5 n-3 (DPA)	g 0	.000		0	RPA	1					
22:6 n-3 (DHA)	g 0	.000		0	RPA	1					
Fatty acids, total trans	-										
Cholesterol	-			0	RPI	6					
Phytosterols	mg										
Amino Acids:											
Tryptophan	g 0	.043		0	RPA	1					
Threonine	g 0	.138		0	RPA	1					
Isoleucine	g 0	.185		0	RPA	1					
Leucine	g 0	.300		0	RPA	1					
Lysine		.243		0	RPA	1					
Methionine	•	.077		0	RPA	1					
Cystine	•	.029		0	RPA	1					
Phenylalanine		.148		0	RPA	1					
Tyrosine	•	.148		0 0	RPA RPA	1 1					
Valine	•	.205 .111		0	RPA	1					
Arginine	•	.083		0	RPA	1					
Alanine	0	.106		0	RPA	1					
Aspartic acid	•	.233		0	RPA	1					
Glutamic acid	•	.641		0	RPA	1					
Glycine		.064		0	RPA	1					
Proline		.297		0	RPA	1					
Serine	•	.167		0	RPA	1					
Hydroxyproline											
Others:											
Alcohol, ethyl	n ^	. 0		0	RPI	6					
Caffeine	0			0	RPI	6					
Theobromine	3			0	RPI	6					
111000101111110				Ū	A4 1						

Rennin, vanilla, dry mix, prepared with 2% milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10			oie porti	<u>on</u>	Amount in edible portion of common measures of food			
				Number		0	0	ineasures or roou			
							Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		80.9	8	0	RPI	6					
Energy		89		0	RPI	6					
Energy	kJ	371		0	RPI	6					
Protein	g	3.0	3	0	RPI	6					
Total lipid (fat)	g	3.0	7	0	RPI	6					
Ash	g	0.7	1	0	RPI	6					
Carbohydrate, by difference	g	12.2	1	0	RPI	6					
Fiber, total dietary	g	0.0		0	RPI	6					
Sugars, total	g										
Starch	g										
<i>5</i> : 1											
Minerals:											
Calcium, Ca		119	_	0	RPI	6					
Iron, Fe	-	0.0	5	0	RPI	6					
Magnesium, Mg		12		0	RPI	6					
Phosphorus, P		93		0	RPI	6					
Potassium, K	-	140		0	RPI	6					
Sodium, Na	-	46	-	0 0	RPI	6					
Zinc, Zn	-	0.3		0	RPI RPI	6 6					
Copper, Cu	-	0.0		0	RPI	6					
Manganese, Mn		1.9	0-2	0	RPI	6					
Seiemum, Se	µg	1.9		U	KFI	O					
<u> itamins:</u>											
Vitamin C, total ascorbic acid	-	0.9		0	RPI	6					
Thiamin	mg	0.0	35	0	RPI	6					
Riboflavin	mg	0.1	51	0	RPI	6					
Niacin	mg	0.0	77	0	RPI	6					
Pantothenic acid	mg	0.2	89	0	RPI	6					
Vitamin B-6	mg	0.0	39	0	RPI	6					
Folate, total		5		0	RPI	6					
Folic acid	µg	0		0	RPI	6					
Folate, food	µg	5		0	RPI	6					
Folate, DFE	µg	5		0	NC	4					
Choline, total	-										
Betaine	-										
Vitamin B-12		0.3	3	0	RPI	6					
Vitamin A, RAE		27		0	NC	4					
Retinol		26		0	RPI	6					
Carotene, beta		17		0	0	4					
Carotene, alpha											
Cryptoxanthin, beta					_						
Vitamin A, IU		115		0	0	4					
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.9		0	RPI	6					
Vitamin D (D2 + D3)		37		0	RPI	6					
Vitamin K (phylloquinone)		3,		Ū	AF I	Ü					
Dihydrophylloquinone											
Menaquinone-4											
1*1C114qu111O11C=4	⊬⊎										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 1.846 Fatty acids, total saturated......g RPA 1 RPA 1 4:0.....g 0.099 0 0.059 RPA 6:0.....g 0 1 0.034 0 RPA 8:0.....g 1 10:0.....g 0.077 0 RPA 1 12:0.....g 0.086 0 RPA 1 13:0.....g 0.309 0 RPA 1 14:0.....g 0.809 16·0 a 0 RPA 1 17:0.....g 0.373 0 RPA 18:0.....g 1 20:0.....g 24:0.....g 0.842 1 Fatty acids, total monounsaturated......g 0 RPA 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.069 0 RPA 1 17:1.....g 0.773 0 18:1 undifferentiated......g RPA 1 20:1.....g 0.000 ٥ RPA 1 0.000 0 1 24:1 c.....g 0.114 0 RPA 1 Fatty acids, total polyunsaturated......g 0.069 18:2 undifferentiated....... 0 RPA 1 0.045 1 18:3 undifferentiated......g 0 RPA 0.000 RPA 1 18:4.....g 0 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 RPA 1 0.000 20:5 n-3 (EPA)......g 0 RPA 1 21:5.....g 22:4....g 0.000 22:5 n-3 (DPA).....g 0 RPA 1 0.000 22:6 n-3 (DHA)......g RPA 1 Fatty acids, total trans......g Cholesterol....mg 13 0 RPI 6 Phytosterols.....mg 0 0 RPA 1 Amino Acids: Tryptophan.....g 0.042 0 RPA 1 0.137 0 RPA Threonine.....g 1 Isoleucine.....g 0.183 0 RPA 1 0.296 RPA 1 Leucine. 9 0 RPA Lysine.....g 0.240 1 0.076 0 RPA 1 Methionine.....g Cystine.....g 0.028 0 RPA 1 Phenylalanine.....g 0.146 RPA 1 Tyrosine.....g 0.146 ٥ RPA 1 0.202 0 RPA 1 Arginine.....g 0.109 0 RPA 1 0.082 RPA 1 Alanine.....g 0.104 0 RPA 1 RPA 0.230 0 1 Aspartic acid.....g 0.634 0 RPA 1 Glutamic acid.....g Glycine.....g 0.064 RPA 1 0.293 Proline.....g O RPA 1 0.165 1 Hydroxyproline.....g Others: Alcohol, ethyl.....g 0.0 0 RPI 6 Caffeine....mg 0 RPI 6

0

RPI

6

0

NDB No. 19223

Rennin, vanilla, dry mix, prepared with whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Amount ir</u>	100 grams	orean	ole porti	<u>ion</u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	10.28	0	FLC	4					
Energy	kcal	422	0	NC	4					
Energy	kJ	1764	0	NC	4					
Protein	g	16.80	0	LC	8					
Total lipid (fat)	g	14.29	0	LC	8					
Ash	g	2.17	0	FLC	4					
Carbohydrate, by difference	g	56.46	0	NC	4					
Fiber, total dietary	g	2.3	0	FLC	4					
Sugars, total	g	36.40	0	LC	8					
Starch	g	0.53	0	FLC	4					
Mil										
Minerals:	m e	400	•		_					
Calcium, Ca	_	429	0	LC	8 8					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	10.28 336	0	LC LC	8					
		560	0	LC	8					
Phosphorus, P Potassium, K		294	0	LC	8					
Sodium, Na	_	168	0	LC	8					
Zinc, Zn	_	1.44	0	FLC	4					
Copper, Cu	_	0.269	0	FLC	4					
Manganese, Mn		0.944	0	FLC	4					
Selenium, Se		5.9	0	FLC	4					
,										
Vitamins:					_					
Vitamin C, total ascorbic acid	_	16.8	0	LC	8					
Thiamin		1.470	0	LC	8					
Riboflavin	_	0.319	0	FLC	4					
Niacin	_	4.039	0	FLC	4					
Pantothenic acid	_	4.200	0	LC	8 8					
Vitamin B-6	_	1.680 55	0	LC FLC	4					
Folic acid		0	0	FLC	4					
Folate, food		55	0	FLC	4					
Folate, DFE		55	0	NC	4					
Choline, total		42.3	0	FLC	4					
Betaine	_	0.2	0	FLC	4					
Vitamin B-12		4.20	0	LC	8					
Vitamin B-12, added		4.20	0	NR	4					
Vitamin A, RAE		1	0	NC	4					
Retinol		1	0	FLC	4					
Carotene, beta		0	0	FLC	4					
Carotene, alpha		0	0	FLC	4					
Cryptoxanthin, beta		0	0	FLC	4					
Vitamin A, IU		3	0	NC	4					
Lycopene		0	0	FLC	4					
Lutein + zeaxanthin		0	0	FLC	4					
Vitamin E (alpha-tocopherol)		2.48	0	FLC	4					
Vitamin E, added		0.00	0	FLC	4					
Tocopherol, beta	_	0.08	0	FLC	4					
Tocopherol, gamma		2.88	0	FLC	4					
Tocopherol, delta		0.17	0	FLC	4					
Tocotrienol, alpha		0.00	0	FLC	4					
Tocotrienol, beta		0.00	0	FLC	4					
Tocotrienol, gamma		0.00	0	FLC	4					
Tocotrienol, delta		0.00	0	FLC	4					
Vitamin D (D2 + D3)		0.0	0	AS	1					
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)		0.0	0	FLC	4					
Vitamin D		0	0	FLC	4					
	µg	4.6	0	FLC	4					

		Amount in 100 grams of edible portion			<u>ion</u>		dible portion o				
					Number				<u>m</u>	easures of foo	<u>d</u>
Nutrients and Units		Mean	Std.	Error	of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone		0.0			0	FLC FLC	4 4				
Menaquinone-4	μg	0.0	'		U	FLC	4				
<u>Lipids:</u>	_										
Fatty acids, total saturated	-	2.0			0	NC FLC	4 4				
6:0	•	0.0			0	FLC	4				
8:0	g	0.0	01		0	FLC	4				
10:0	-	0.0			0	FLC	4				
12:0	-	0.0	02		0	FLC	4				
13:0 14:0	•	0.0	16		0	FLC	4				
15:0	•	0.0			0	FLC	4				
16:0	g	1.0	39		0	FLC	4				
17:0	-	0.0			0	FLC	4				
18:0		0.4			0	FLC	4				
20:0 22:0		0.1			0	FLC FLC	4				
24:0	-	0.2			0	FLC	4				
Fatty acids, total monounsaturated		7.9			0	NC	4				
14:1		0.0	00		0	FLC	4				
15:1	•	0.0			0	FLC	4				
16:1 undifferentiated	•	0.0			0	FLC	4				
17:1	•	0.0 7.7			0	FLC FLC	4 4				
20:1		0.1			0	FLC	4				
22:1 undifferentiated	-	0.0			0	FLC	4				
24:1 c	g	0.0	00		0	FLC	4				
Fatty acids, total polyunsaturated		3.6			0	NC	4				
18:2 undifferentiated		3.0			0	FLC	4				
18:3 undifferentiated	-	0.5			0	FLC FLC	4 4				
20:2 n-6 c.c.		0.0			0	FLC	4				
20:3 undifferentiated	-	0.0			0	FLC	4				
20:4 undifferentiated	.g	0.0	03		0	FLC	4				
20:5 n-3 (EPA)	-	0.0	00		0	FLC	4				
21:5	•	0.0			0	FLC	4				
22:4 22:5 n-3 (DPA)		0.0			0	FLC	4				
	g	0.0			0	FLC	4				
Fatty acids, total trans	g	0.0	36		0	FLC	4				
Cholesterol.		2			0	FLC	4				
Phytosterols		^			^	DT 4	4				
Stigmasterol		0 15			0	FLC FLC	4 4				
Beta-sitosterol		27			0	FLC	4				
Amino Acids:											
Tryptophan	.g										
Threonine	g										
Isoleucine											
LeucineLysine											
Methionine											
Cystine											
Phenylalanine	g										
Tyrosine											
Valine											
Arginine Histidine											
Alanine											
Aspartic acid		1.6	21		0	FLC	4				
Glutamic acid											
Glycine											
Proline	9										

	<u>Am</u>	ount in 10	0 grams	of edil	ble porti	<u>on</u>	Amount in edible portion of common		
			Number		Source	Confidence	<u>m</u>	easures of fo	od .
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Serineg									
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4				
Caffeinemg	0		0	FLC	4				
Theobrominemg	0		0	FLC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ou</u>	<u>nt in 100 gr</u>	am s	of edil	ole portion		Amount in edible portion of common			
			Nun	nber					easures of fo		
						Source Con	fidence				
Nutrients and Un	its	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	66.10	0.297	40		1		48.91	43.63		
Energy		144	00257	0	NC	4		107	95		
Energy		602		0	NC	4		446	398		
Protein (N x 6.25)		1.10	0.330	41		1		0.81	0.73		
Total lipid (fat)		2.00	0.057	23		1		1.48	1.32		
Ash	-	0.40	0.037	1		1		0.30	0.26		
Carbohydrate, by difference	-	30.40		0	NC	4		22.50	20.06		
Fiber, total dietary		1.3		0	FLA	4		1.0	0.9		
Sugars, total		24.32		0	LC	8		18.00	16.05		
Starch		24.32		U	пс	•		10.00	16.05		
Iinerals:											
Calcium, Ca	mg	54	4.021	10		1		40	36		
Iron, Fe	-	0.14	0.027	6		1		0.10	0.09		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	8	1.167	8		1		6	5		
Phosphorus, P		40	4.817	7		1		30	26		
Potassium, K		96	13.153	12		1		71	63		
Sodium, Na	mg	46	5.938	12		1		34	30		
Zinc, Zn	mg	0.48	0.292	10		1		0.36	0.32		
Copper, Cu	mg	0.028	0.005	5		1		0.021	0.018		
Manganese, Mn	mg	0.011	0.002	4		1		0.008	0.007		
Selenium, Se	µg	1.5		0	FLA	4		1.1	1.0		
itamins:_											
Vitamin C, total ascorbic acid	mg	2.3		0	FLA	4		1.7	1.5		
Thiamin	mg	0.027		0	FLA	4		0.020	0.018		
Riboflavin	mg	0.097		0	FLA	4		0.072	0.064		
Niacin	mg	0.063		0	FLA	4		0.047	0.041		
Pantothenic acid	mg	0.224		0	FLA	4		0.166	0.148		
Vitamin B-6	mg	0.023		0	FLA	4		0.017	0.015		
Folate, total	µg	4		0	FLA	4		3	2		
Folic acid	µg	0		0	FLA	4		0	0		
Folate, food	µg	4		0	FLA	4		3	2		
Folate, DFE	µg	4		0	NC	4		3	2		
Choline, total	mg	7.7		0	0	4		5.7	5.1		
Betaine	mg										
Vitamin B-12	µg	0.13		0	FLA	4		0.10	0.09		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00		
Vitamin A, RAE	µg	12		0	FLA	4		9	8		
Retinol	µg	12		0	FLA	4		9	8		
Carotene, beta	µg	1		0	FLA	4		1	1		
Carotene, alpha	µg	0		0	FLA	4		0	0		
Cryptoxanthin, beta	µg	5		0	FLA	4		4	3		
Vitamin A, IU	<u>JU</u>	46		0	FLA	4		34	30		
Lycopene	µg	0		0	FLA	4		0	0		
Lutein + zeaxanthin	µg	7		0	FLA	4		5	4		
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4		0.01	0.01		
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0		
Vitamin D	JU	0		0	Z	7		0	0		
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0	0.0		
Dihydrophylloquinone											
Menaquinone-4											

	<u>An</u>	ount in 10	00 grams	Amount in edible portion of common						
			Number	•			measures of food			
					Source (Confidence				
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturatedg	1.1	60	0	FLA	4		0.858	0.766		
4:0g	0.0		0	FLA	4		0.070	0.062		
6:0g	0.0		0	FLA	4		0.010	0.002		
8:0g	0.0		0	FLA	4		0.013	0.012		
10:0g	0.0		0	FLA	4		0.025	0.022		
12:0	0.0		0	FLA	4		0.017	0.015		
13:0g	0.0		ŭ		-		0.017	0.013		
14:0g	0.1	70	0	FLA	4		0.126	0.113		
15:0g	0.1	.,,	ŭ		-		0.120	0.113		
16:0g	0.5	85	0	FLA	4		0.433	0.386		
17:0	***		•		-		0.155	0.500		
18:0g	0.1	70	0	FLA	4		0.126	0.113		
20:0g	0.1	.,,	·		•		0.120	0.113		
22:0g										
24:0										
Fatty acids, total monounsaturatedg	0.5	30	0	FLA	4		0.392	0.350		
14:1g			_		_		0,002	0.000		
15:1g										
16:1 undifferentiated	0.0	52	0	FLA	4		0.038	0.034		
17:1g			_		_					
18:1 undifferentiated	0.4	70	0	FLA	4		0.347	0.310		
20:1g	0.0		0	FLA	4		0.000	0.000		
22:1 undifferentiatedg	0.0		0	FLA	4		0.000	0.000		
24:1 c	• • • • • • • • • • • • • • • • • • • •		·		-					
Fatty acids, total polyunsaturated	0.0	80	0	FLA	4		0.059	0.053		
18:2 undifferentiated	0.0		0	FLA	4		0.048	0.043		
18:3 undifferentiated	0.0		0	FLA	4		0.011	0.010		
18:4g	0.0		0	FLA	4		0.000	0.000		
20:2 n-6 c.cg			_		_					
20:3 undifferentiatedg										
20:4 undifferentiated	0.0	00	0	FLA	4		0.000	0.000		
20:5 n-3 (EPA)g	0.0	00	0	FLA	4		0.000	0.000		
21:5g										
22:4g										
22:5 n-3 (DPA)g	0.0	00	0	FLA	4		0.000	0.000		
22:6 n-3 (DHA)g	0.0	00	0	FLA	4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	1		0	FLA	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobrominemg	0		0	FLA	4		0	0		

Common Measures:

Measure 1 = 74g: .5 cup (4 fl oz) Measure 2 = 66g: 1 bar (2.75 fl oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am ou</u> i	nt in 100 gra	ms of edi	ble portion	Amount in e	Amount in edible portion of common			
			Numi	ner			easures of fo			
					Source Confiden	_				
Nutrients and Un	its	Mean Sto	I. Error Poir			Measure 1	Measure 2	Measure		
nan ionio ana on			= . 0.				mououro 2	mododio		
Proximates:										
Water		12.30	0.676	8	1	3.49	3.32	2.58		
Energy	kcal	359		0 NC	4	102	97	75		
Energy		1504		0 NC	4	426	406	316		
Protein (N x 6.25)		1.00	0.084	8	1	0.28	0.27	0.21		
Total lipid (fat)	g	2.68		0 NR	4	0.76	0.72	0.56		
Ash	-	1.20	0.143	8	1	0.34	0.32	0.25		
Carbohydrate, by difference	g	82.82		0 NC	4	23.48	22.36	17.39		
Fiber, total dietary	g	0.0		4 LC	8	0.0	0.0	0.0		
Sugars, total	g	57.58	2.507	4 LC	8	16.32	15.55	12.09		
Starch	g									
Minerals:										
Calcium, Ca	-	18		2	1	5	5	4		
Iron, Fe	-	0.75		2	1	0.21	0.20	0.16		
Magnesium, Mg		14		7	1	4	4	3		
Phosphorus, P	-	24		6	1	7	6	5		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	164		7	1	46	44	34		
Sodium, Na	-	403		7	1	114	109	85		
Zinc, Zn		0.19		0	4	0.05	0.05 0.046	0.04		
Copper, Cu	-	0.171 0.184		0 0	4	0.048 0.052	0.046	0.03		
Manganese, Mn Selenium, Se	-	2.7		o O BFSN		0.032	0.030	0.03		
*	µу	2.7		O BESI	1	0.0	0.7	0.0		
Vitamins:		56.0	0.000	_	-	15.0	15.1	11.0		
Vitamin C, total ascorbic acid	-	56.0		7	1	15.9	15.1	11.8		
Thiamin	-	0.043		0	4	0.012	0.012	0.00		
Riboflavin	-	0.100		1 1	1 1	0.028	0.027	0.02		
Niacin	-	0.100		0	4	0.028	0.027	0.02		
Pantothenic acid Vitamin B-6	•	0.319 0.300		0	4	0.090 0.085	0.086 0.081	0.06		
	-	4		o O BFZN		1	1	1		
Folic acid		0		о _{Бгд} і О Z	7	0	0	0		
Folate, food		4		0 EFZN		1	1	1		
Folate, DFE		4		0 NC	4	1	1	1		
Choline, total		12.9		0 0	4	3.7	3.5	2.7		
Betaine		12.5			•	3.,	3.3	2.,		
Vitamin B-12	-	0.00		0	4	0.00	0.00	0.00		
Vitamin B-12, added		0.00		0 z	7	0.00	0.00	0.00		
Vitamin A, RAE		6		0 BFZN	4	2	2	1		
Retinol		0		0 0	4	0	0	0		
Carotene, beta		34		0 BFZN	4	10	9	7		
Carotene, alpha		1		0 BFZN	4	0	0	0		
Cryptoxanthin, beta	µg	0		0 BFZN	4	0	0	0		
Vitamin A, IU	J <u>U</u>	58		0 BFZN	4	16	16	12		
Lycopene	µg	0		0 BFZN	4	0	0	0		
Lutein + zeaxanthin	µg	51		0 BFZN	4	14	14	11		
Vitamin E (alpha-tocopherol)	mg	0.56		0 BFZN	4	0.16	0.15	0.12		
Vitamin E, added	mg	0.00		0 z	7	0.00	0.00	0.00		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta					_			_		
Vitamin D (D2 + D3)		0.0		0 z	7	0.0	0.0	0.0		
Vitamin D		0		0 Z	7	0	0	0		
Vitamin K (phylloquinone)		18.2		0 BFZN	4	5.2	4.9	3.8		
Dihydrophylloquinone	µg									

	Amo	ount in 10	0 gram	s of edil	Amount in edible portion of common				
			Num be	r			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.65	0	0	BFZN	4		0.184	0.176	0.137
4:0g	0.00	0	0	BFZN	4		0.000	0.000	0.000
6:0g	0.00	0	0	BFZN	4		0.000	0.000	0.000
8:0g	0.00	0	0	BFZN	4		0.000	0.000	0.000
10:0g	0.00	0	0	BFZN	4		0.000	0.000	0.000
12:0g	0.00	0	0	BFZN	4		0.000	0.000	0.000
13:0g									
14:0g	0.01	0	0	BFZN	4		0.003	0.003	0.002
15:0g									
16:0g	0.34	0	0	BFZN	4		0.096	0.092	0.071
17:0g									
18:0g	0.30	0	0	BFZN	4		0.085	0.081	0.063
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.48	0	0	NC	4		0.420	0.400	0.311
14:1									
15:1g									
16:1 undifferentiated	0.00	0	0	BFZN	4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	1.48	0	0	BFZN	4		0.420	0.400	0.311
20:1g	0.00	0	0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.00		0	BFZN	4		0.000	0.000	0.000
24:1 cg		-	•		-		******		0.000
Fatty acids, total polyunsaturatedg	0.55	0	0	NC	4		0.156	0.149	0.116
18:2 undifferentiatedg	0.43		0	BFZN	4		0.122	0.116	0.090
18:3 undifferentiated	0.12		0	BFZN	4		0.034	0.032	0.025
18:4g	0.00		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,cg			•	22 221	-		******	***************************************	0.000
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	0	0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)	0.00		0	BFZN	4		0.000	0.000	0.000
21:5g			•	22 221	-		0.000	0.000	0.000
22:4g									
22:5 n-3 (DPA)g	0.00	n	0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans	0.000	-	Ü	Dr an	-		0.000	0.000	0.000
Cholesterolmg	0	n	000 4	LC	8		0	0	0
Phytosterolsmg	v	٠.		ш			v	v	v
•									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 package

Measure 3 = 21g: 1 packet (.75 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ble portion		Amount in edible portion of common			
			Nun	nber					easures of foo		
					Deriv	Source Co	nfidanca				
Nutrients and Uni	:4a	Mean Sto	d. Error Po				Code	Magazira 1	Magazira 2	Measure	
Nutrients and On	its	Mean St	a. Error 10	11113	Oout			Measure 1	Measure 2	weasure	
Proximates:											
Water		10.20		1	AI	13		2.14	1.43		
Energy	kcal	371		0	NC	4		78	52		
Energy	kJ	1551		0	NC	4		326	217		
Protein (N x 6.25)	g	0.10		1	AI	13		0.02	0.01		
Total lipid (fat)	g	3.00	0.510	17		1		0.63	0.42		
Ash	g	0.90	0.042	17		1		0.19	0.13		
Carbohydrate, by difference	g	85.80		0	NC	4		18.02	12.01		
Fiber, total dietary	g	0.0		0	LC	8		0.0	0.0		
Sugars, total	g	49.16		0	NR	4		10.32	6.88		
Starch											
<u> finerals:</u>											
Calcium, Ca	-	32	1.164			1		7	4		
Iron, Fe		1.01	0.115			1		0.21	0.14		
Magnesium, Mg		20	0.843			1		4	3		
Phosphorus, P	-	31	1.230			1		7	4		
Potassium, K	•	294	11.212			1		62	41		
Sodium, Na	-	317		1	AI	13		67	44		
Zinc, Zn	-	0.19	0.012	7		1		0.04	0.03		
Copper, Cu		0.171	0.006	7		1		0.036	0.024		
Manganese, Mn	-	0.184	0.020	7		1		0.039	0.026		
Selenium, Se	µg	0.4		0	FLA	4		0.1	0.1		
<u>'itamins:</u>	ma	120.0		1		13		25.2	16.0		
Vitamin C, total ascorbic acid	-	0.084		0	AI FLA	4		0.018	16.8 0.012		
Thiamin	_	0.034		1	FLA	1		0.018	0.012		
Riboflavin	-	0.020		1		1		0.004	0.003		
Pantothenic acid	-	0.029		0	FLA	4		0.006	0.014		
Vitamin B-6		0.029	0.073	6	FLIA	1		0.063	0.042		
Folate, total	-	2	0.075	0	FLA	4		0	0.042		
Folic acid		0		0	FLA	4		0	0		
Folate, food		2		0	FLA	4		0	0		
Folate, DFE		2		0	NC	4		0	0		
Choline, total		13.2		0	0	4		2.8	1.8		
Betaine	-										
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00		
Vitamin A, RAE	µg	6		0	FLA	4		1	1		
Retinol		0		0	FLA	4		0	0		
Carotene, beta	µg	34		0	FLA	4		7	5		
Carotene, alpha	µg	1		0	FLA	4		0	0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0		
Vitamin A, IU	JU	57		0	FLA	4		12	8		
Lycopene	µg	0		0	FLA	4		0	0		
Lutein + zeaxanthin		41		0	FLA	4		9	6		
Vitamin E (alpha-tocopherol)	mg	0.56		0	FLA	4		0.12	0.08		
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta	-										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		_				_		_			
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		18.2		0	FLA	4		3.8	2.5		
Dihydrophylloquinone	µg										

		<u>Am ou</u>	nt in 10	0 grams	of edi	ble portio	<u>on</u>	Amount in e	dible portion o	of common
				Number					easures of foc	•
						Source (Confidence			
Nutrients and Units	Me	an Sto	d. Error	Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	.g	0.672		0	NR	4		0.141	0.094	
4:0	•	0.000		0		4		0.000	0.000	
6:0	.0	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.000		0 1		4 4		0.000	0.000	
12:0 13:0		0.000		1		4		0.000	0.000	
14:0	-	0.010		1		4		0.002	0.001	
15:0	-	0.002		1	AI	13		0.000	0.000	
16:0	-	0.340		1		4		0.071	0.048	
17:0	.g	0.004		1	AI	13		0.001	0.001	
18:0	.g	0.300		1		4		0.063	0.042	
20:0		0.010		1	AI	13		0.002	0.001	
22:0	-	0.006		1	AI	13		0.001	0.001	
24:0		1 400		•				0 211	0.005	
Fatty acids, total monounsaturated		1.480 0.002		0 1	AI	4 13		0.311	0.207	
15:1		0.002		1	AI	13		0.000	0.000	
16:1 undifferentiated	.0	0.000		1		4		0.000	0.000	
17:1	-	0.004		1	AI	13		0.001	0.001	
18:1 undifferentiated	-	1.480		1		4		0.311	0.207	
20:1	.g	0.000		0		4		0.000	0.000	
22:1 undifferentiated24:1 c	-	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated	-	0.552		0	NR	4		0.116	0.077	
18:2 undifferentiated		0.430		1		4		0.090	0.060	
18:3 undifferentiated		0.120		1		4		0.025	0.017	
18:4	.g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated		0.002		1	AI	13		0.000	0.000	
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)		0.000		0		4		0.000	0.000	
21:5	-									
22:5 n-3 (DPA)		0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans	.g									
Cholesterol	.mg	0		0	FLA	4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	.g									
Threonine	.g									
Isoleucine	-									
Leucine	-									
Lysine										
Methionine Cystine										
Phenylalanine	-									
Tyrosine										
Valine										
Arginine	.g									
Histidine	•									
Alanine	•									
Aspartic acid										
Glycine										
Glycine Proline										
Serine	-									
Hydroxyproline	-									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	

NDB No. 19014 Snacks, fruit leather, rolls

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 large Measure 2 = 14.0g: 1 small

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am ou</u>	ınt in 100 gr			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				n bei	-	Cauras	Confidence		cusures or ro	<u>,, , , , , , , , , , , , , , , , , , ,</u>
Nutrients and U	nits	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.03	0.008	6	A	1		0.00	0.05	
Energy	kcal	399		0	NC	4		18	806	
Energy	kJ	1670		0	NC	4		77	3374	
Protein	g	0.00	0.000	6	A	1		0.00	0.00	
Total lipid (fat)	g	0.00		2	A	1		0.00	0.00	
Ash	g	0.17	0.042	6	A	1		0.01	0.35	
Carbohydrate, by difference	g	99.80		0	NC	4		4.59	201.60	
Fiber, total dietary	g									
Sugars, total		99.19	0.372	6	A	1		4.56	200.37	
Sucrose		99.19	0.372	6	A	1		4.56	200.37	
Glucose (dextrose)		0.00	0.000	6	A	1		0.00	0.00	
Fructose		0.00	0.000	6	A	1		0.00	0.00	
Lactose		0.00	0.000	6	A	1		0.00	0.00	
Maltose		0.00	0.000	6	A	1		0.00	0.00	
Galactose		0.00	0.000	6	A	1		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	mg	12	4.096	6	A	1		1	23	
Iron, Fe	mg	0.37	0.135	6	A	1		0.02	0.75	
Magnesium, Mg	mg	2	0.555	6	A	1		0	5	
Phosphorus, P	_	1	0.121	6	A	1		0	2	
Potassium, K	-	29	11.458	6	A	1		1	58	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	3	0.730	6	A	1		0	7	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.03	0.014	6	A	1		0.00	0.07	
Copper, Cu		0.009	0.001	6	A	1		0.000	0.017	
Manganese, Mn	_	0.046	0.017	6	A	1		0.002	0.092	
Selenium, Se	µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp Measure 2 = 202g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Am ou</u>	nt in 100 gr	ams	of edi	ble portion		Amount in edible portion of common			
			Nur	nber	•				easures of fo		
						Source Co	onfidence				
Nutrients and	Units	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	1.34	0.064	15	A	1		0.04	2.94	1.94	
Energy	kcal	380		0	NC	4		11	836	551	
Energy	kJ	1590		0	NC	4		48	3499	2306	
Protein (N x 6.25)		0.12	0.018	15	A	1		0.00	0.27	0.18	
Total lipid (fat)	g	0.00	0.000	3	A	1		0.00	0.00	0.00	
Ash		0.45	0.070	15	A	1		0.01	0.99	0.65	
Carbohydrate, by difference	g	98.09		0	NC	4		2.94	215.80	142.23	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		97.02	0.506	15	A	1		2.91	213.44	140.68	
Sucrose		94.56	0.457	15	А	1		2.84	208.02	137.11	
Glucose (dextrose)		1.35	0.107	15	A	1		0.04	2.98	1.96	
Fructose		1.11	0.094	15	A	1		0.03	2.44	1.61	
Fructose	9	0.00	0.000	15	A	1		0.00	0.00	0.00	
Lactose		0.00	0.000	15	A	1		0.00	0.00	0.00	
Maltose		0.00	0.000	15	A	1		0.00	0.00	0.00	
GalactoseStarch		0.00	0.000	13	A	•		0.00	0.00	0.00	
Minerals:											
Calcium, Ca	ma	83	16.518	14	А	1		2	183	120	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.71	0.067		A	1		0.02	1.56	1.03	
Magnesium, Mg		9	0.579	15	A	1		0	21	14	
Phosphorus, P	-	4	1.579	15	A	1		0	9	6	
Potassium, K		133	15.039	15	A	1		4	293	193	
Sodium, Na		28	4.559	15	A	1		1	61	40	
Zinc, Zn		0.03	0.006	15	A	1		0.00	0.07	0.05	
Copper, Cu		0.047	0.007	15	A	1		0.001	0.102	0.06	
Manganese, Mn		0.064	0.024	15	A	1		0.002	0.141	0.09	
Selenium, Se		1.2	0.433	4	AI	13		0.0	2.7	1.8	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0	
Thiamin	mg	0.000	0.000	4	A	1		0.000	0.000	0.00	
Riboflavin	mg	0.000	0.000	4	A	1		0.000	0.000	0.00	
Niacin	mg	0.110	0.031	4	A	1		0.003	0.241	0.15	
Pantothenic acid	mg	0.132	0.009	4	A	1		0.004	0.291	0.19	
Vitamin B-6	mg	0.041	0.009	4	A	1		0.001	0.091	0.06	
Folate, total		1		2		1		0	2	1	
Folic acid		0		0	Z	7		0	0	0	
Folate, food	µg	1		2		1		0	2	1	
Folate, DFE	µg	1		0	NC	4		0	2	1	
Choline, total		2.3		0	AS	1		0.1	5.1	3.3	
Betaine	-	0.1		2	A	1		0.0	0.2	0.1	
Vitamin B-12	-	0.00		1		1		0.00	0.00	0.00	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Carotene, beta		0		0	NR	4		0	0	0	
Carotene, alpha		0		0	NR	4		0	0	0	
Cryptoxanthin, beta		0		0	NR	4		0	0	0	
Vitamin A, IU		0		1		1		0	0	0	
Lycopene		0		0	NR	4		0	0	0	
Lutein + zeaxanthin		0		0	NR	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.00		•	-	•		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocopnerol, delta Tocotrienol, alpha											
Tocotrienol, beta											

	<u>Am ount</u>	in 100 grams		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.		Deriv	Source C Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Togetrianal commo MG									
Tocotrienol, gammamg Tocotrienol, deltamg									
Vitamin D (D2 + D3)µg	0.0	0	z	7		0.0	0.0	0.0	
Vitamin D	0	0	z	7		0	0	0	
Vitamin K (phylloquinone)µg	0.0	0	Z	7		0.0	0.0	0.0	
DihydrophylloquinoneUg									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	0.000	0		1		0.000	0.000	0.000	
4:0g	0.000	0		4		0.000	0.000	0.000	
6:0g	0.000	0		4		0.000	0.000	0.000	
8:0g	0.000	0		4		0.000	0.000	0.000	
10:0g	0.000	0		4		0.000	0.000	0.000	
12:0g	0.000	0		4		0.000	0.000	0.000	
13:0g									
14:0g	0.000	0		4		0.000	0.000	0.000	
15:0g									
16:0g	0.000	0		4		0.000	0.000	0.000	
17:0g									
18:0g	0.000	0		4		0.000	0.000	0.000	
20:0g									
22:0g									
24:0g	0.000	0		7		0.000	0.000	0.000	
Fatty acids, total monounsaturatedg 14:1g	0.000	U		,		0.000	0.000	0.000	
15:1									
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
17:1g							0.000		
18:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:1g	0.000	0		4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000	0		7		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:5 n-3 (EPA)	0.000	0		4		0.000	0.000	0.000	
21:5g									
22:4g	0.000	0		4		0.000	0.000	0.000	
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000	0	Z	7		0.000	0.000 0.000	0.000	
Fatty acids, total transg	0.000	3	4	,		0.000	0.000	0.000	
Cholesterolg	0	1		4		0	0	0	
Phytosterolsmg	ŭ	-		-		ŭ	v	·	
•									
Others:		-		_		0 0			
Alcohol, ethylg	0.0	0	_	7		0.0	0.0	0.0	
Caffeinemg	0 0	0 0	z z	7 7		0 0	0	0 0	
Theobrominemg	U	0	Z	/		U	0	U	

Common Measures:

Measure 1 = 3.0g: 1 tsp unpacked Measure 2 = 220g: 1 cup packed Measure 3 = 145g: 1 cup unpacked NDB No. 19334 Sugars, brown

Calories Factors: Protein 4 Fat 0 Carbohydrate 3.87

Food Group: 19 Sweets

		<u>Am</u>	ount in 100 g			ble portic	<u>on</u>	Amount in edible portion of common measures of food			
				ımbe		_		ineasures of food			
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
-											
Proximates: Water	а	0.02	0.00	7 8	A	1		0.00	0.00	0.04	
Energy		387	0.00	, 0	NC	4		11	16	773	
Energy		1618		0	NC	4		45	68	3236	
Protein (N x 6.25)		0.00	0.00		A	1		0.00	0.00	0.00	
Total lipid (fat)		0.00		1	A	1		0.00	0.00	0.00	
Ash		0.01		0	NR	4		0.00	0.00	0.01	
Carbohydrate, by difference		99.98		0	NC	4		2.80	4.20	199.95	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		99.80	0.10		A	1		2.79	4.19	199.60	
Sucrose		99.80			A	1		2.79	4.19	199.60	
Glucose (dextrose)		0.00			A	1		0.00	0.00	0.00	
FructoseFructose		0.00			A	1		0.00	0.00	0.00	
		0.00			A	1		0.00	0.00	0.00	
Lactose	9	0.00			A	1		0.00	0.00	0.00	
Maltose		0.00			A	1		0.00	0.00	0.00	
GalactoseStarch		0.00	0.00	,		•		0.00	0.00	0.00	
	9										
Minerals:		_			_	_		•	•	•	
Calcium, Ca		1	0.30		A	1		0	0	2	
Iron, Fe		0.05 0			A A	1 1		0.00 0	0.00 0	0.10 1	
Magnesium, Mg		0	0.00		A	1		0	0	1	
Phosphorus, P Potassium, K		2	0.22		A	1		0	0	4	
Sodium, Na		1	0.00		A	1		0	0	3	
Zinc, Zn		0.01			A	1		0.00	0.00	0.02	
Copper, Cu		0.00			A	1		0.000	0.000	0.015	
Manganese, Mn		0.00			A	1		0.000	0.000	0.009	
Selenium, Se		0.6		2	A	1		0.0	0.0	1.2	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0	
Thiamin	mg	0.00	0	1		4		0.000	0.000	0.000	
Riboflavin	mg	0.01	.9 0.00	6 3		1		0.001	0.001	0.038	
Niacin	mg	0.00	0.00	0 3		1		0.000	0.000	0.000	
Pantothenic acid	mg	0.00	0.00	0 3		1		0.000	0.000	0.000	
Vitamin B-6	mg	0.00	0.00	0 3		1		0.000	0.000	0.000	
Folate, total	µg	0	0.00	0 3		1		0	0	0	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food		0	0.00	0 3		1		0	0	0	
Folate, DFE	µg	0		0	NC	4		0	0	0	
Choline, total		0.0		0	Z	7		0.0	0.0	0.0	
Betaine											
Vitamin B-12		0.00		1		4		0.00	0.00	0.00	
Vitamin B-12, added		0.00	1	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Carotene, beta		0		0	Z	7		0	0	0	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		0		1	_	4		0	0	0	
Lycopene		0		0	Z Z	7 7		0	0	0	
Lutein + zeaxanthin		-		-		7		-	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z Z	7 7		0.00	0.00	0.00	
Vitamin E, added		0.00	•	U	Z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	mg										

	<u>An</u>	ount in 10	0 grams	of edi	ble portic	<u>on</u>	Amount in e	edible portion	of common
								easures of foo	
			Number		_		<u></u>	casares or roc	<u>, u</u>
						Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg									
Vitamin D (D2 + D3)µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin DlU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)µg	0.0		2	JA	6		0.0	0.0	0.0
Dihydrophylloquinoneµg									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	0.0	00	0		1		0.000	0.000	0.000
4:0g	0.0	00	0		4		0.000	0.000	0.000
6:0g	0.0	00	0		4		0.000	0.000	0.000
8:0g	0.0	00	0		4		0.000	0.000	0.000
10:0g	0.0	00	0		4		0.000	0.000	0.000
12:0g	0.0	00	0		4		0.000	0.000	0.000
13:0g									
14:0g	0.0	00	0		4		0.000	0.000	0.000
15:0g									
16:0g	0.0	00	0		4		0.000	0.000	0.000
17:0g									
18:0g	0.0	00	0		4		0.000	0.000	0.000
20:0g									
22:0g									
24:0g					_				
Fatty acids, total monounsaturatedg	0.0	00	0		7		0.000	0.000	0.000
14:1g									
15:1g	0.0	00	0		4		0.000	0.000	0.000
16:1 undifferentiated	0.0	00	U		4		0.000	0.000	0.000
17:1	0.0	00	0		4		0.000	0.000	0.000
18:1 undifferentiated	0.0		0		4		0.000	0.000 0.000	
20:1g	0.0		0		4				0.000 0.000
22:1 undifferentiatedg 24:1 cg	0.0	00	U		4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	0.0	00	0		7		0.000	0.000	0.000
18:2 undifferentiated	0.0		0		4		0.000	0.000	0.000
18:3 undifferentiated	0.0		0		4		0.000	0.000	0.000
18:4g	0.0		0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.0	00	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethyl	0.0		0		7		0.0	0.0	0.0
Caffeineg	0		0	z	, 7		0	0.0	0
Theobrominemg	0		0	z	, 7		0	0	0

Common Measures:

Measure 1 = 2.8g: 1 serving packet

Measure 2 = 4.2g: 1 tsp Measure 3 = 200g: 1 cup NDB No. 19335 Sugars, granulated

Calories Factors: Protein Fat Carbohydrate 3.87

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion		Amount in edible portion of common			
				Number					easures of fo		
						Source Co	nfidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		8.00)	1		4		0.24	2.27	2.24	
Energy		354		0		4		11	100	99	
Energy		1481		0		4		44	420	415	
Protein (N x 6.25)		0.10		1		4		0.00	0.03	0.03	
Total lipid (fat)	_	0.20		1		4		0.01	0.06	0.06	
Ash	_	0.80		1		4		0.02	0.23	0.22	
Carbohydrate, by difference		90.90)	0	NC	4		2.73	25.77	25.45	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		84.8	7	0	FLA	4		2.55	24.06	23.76	
Starch	g										
Minerals:											
Calcium, Ca	_	90		1		4		3	26	25	
Iron, Fe	_	1.63	L	1		4		0.05	0.46	0.49	
Magnesium, Mg	_	19		1		4		1	5	5	
Phosphorus, P		3 274		1 1		4 4		0 8	1 78	1 77	
Potassium, K	_	274 11		1		4		8	78 3	3	
Zinc, Zn	_	6.0	=	1		4		0.18	1.72	1.70	
Copper, Cu	•	0.00		1		4		0.003	0.028	0.02	
Manganese, Mn		4.42		1		4		0.133	1.254	1.2	
Selenium. Se	_	0.8		0	BFSN	4		0.0	0.2	0.2	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	0.0	
Thiamin	_	0.00	19	1		4		0.000	0.003	0.00	
Riboflavin	_	0.03		1		4		0.000	0.004	0.00	
Niacin	_	0.04		1		4		0.001	0.011	0.03	
Pantothenic acid	_	0.04	48	1		4		0.001	0.014	0.03	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.00	03	1		4		0.000	0.001	0.00	
Folate, total	µg	0		0	FLA	4		0	0	0	
Folic acid	µg	0		0	FLA	4		0	0	0	
Folate, food	µg	0		0	FLA	4		0	0	0	
Folate, DFE	µg	0		0	NC	4		0	0	0	
Choline, total	mg	2.1		0	0	4		0.1	0.6	0.6	
Betaine	mg										
Vitamin B-12	µg	0.00		1		4		0.00	0.00	0.00	
Vitamin B-12, added		0.00)	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	FLA	4		0	0	0	
Carotene, beta		0		0	FLA	4		0	0	0	
Carotene, alpha		0		0	FLA	4		0	0	0	
Cryptoxanthin, beta		0		0	FLA	4 4		0	0	0	
Vitamin A, IU Lycopene		0		0	FLA FLA	4		0	0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.00	n	0	FLA	4		0.00	0.00	0.00	
Vitamin E (alpha-tocopheror)		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.00	-	Ū	4	•		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D	<u>IU</u>	0		0	Z	7		0	0	0	
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0	0.0	0.0	
Dihydrophylloquinone	ша										

	<u>An</u>	ount in 10	0 grams	of edi	<u>n</u>	Amount in edible portion of common			
			Number					easures of foo	
					Source (Confidence	· · · · · · · · · · · · · · · · · · ·		_
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	36	0		4		0.001	0.010	0.010
4:0g	0.0	00	0		4		0.000	0.000	0.000
6:0g	0.0	00	0		4		0.000	0.000	0.000
8:0g	0.0	00	0		4		0.000	0.000	0.000
10:0g	0.0	00	0		4		0.000	0.000	0.000
12:0g	0.0	00	0		4		0.000	0.000	0.000
13:0g									
14:0g	0.0	00	0		4		0.000	0.000	0.000
15:0g							******		
16:0	0.0	36	0		4		0.001	0.010	0.010
17:0g			-		_		*****	0.020	****
18:0g	0.0	04	0		4		0.000	0.001	0.001
20:0g		-	•		-		******	******	*****
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	64	0		4		0.002	0.018	0.018
14:1g									
15:1									
16:1 undifferentiated	0.0	00	0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.0	64	0		4		0.002	0.018	0.018
20:1	0.0		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.0		0		4		0.000	0.000	0.000
24:1 c	0.0		·		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated	0.1	.00	0		4		0.003	0.028	0.028
18:2 undifferentiated	0.1		0		4		0.003	0.028	0.028
18:3 undifferentiated	0.0		0		4		0.000	0.000	0.000
18:4g	0.0		0		4		0.000	0.000	0.000
20:2 n-6 c,cg			•		-		******		0.000
20:3 undifferentiated									
20:4 undifferentiated	0.0	00	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)	0.0		0		4		0.000	0.000	0.000
21:5g			-		_		******		
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.0		0		4		0.000	0.000	0.000
Fatty acids, total trans	3.0		v		•		0.000	0.000	0.000
Cholesterolmg	0		1		4		0	0	0
Phytosterolsmg	J		-		-		v	J	Ü
Others:									
Alcohol, ethyl	0.0	1	0		7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 3.0g: 1 tsp Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece $(1-3/4" \times 1-1/4" \times 1/2")$

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 19 Sweets

		Amo	unt in 100 g	rams	of edi	ble portion		Amount in edible portion of common			
			Nu	m be	-				easures of fo		
						Source Con	fidanca				
Nutrients and Un	its	Mean S	Std. Error P				Code	Measure 1	Measure 2	Measure	
Proximates:	a	0.23	0.010	8	A	1		0.27	0.23	0.02	
Energy		389	0.010	0	NC	4		467	389	31	
Energy		1627		0	NC	4		1952	1627	130	
Protein (N x 6.25)		0.00	0.000	-	A	1		0.00	0.00	0.00	
Total lipid (fat)	=	0.00	0.000	1	A	1		0.00	0.00	0.00	
Ash	-	0.01		0	NR.	4		0.01	0.00	0.00	
Carbohydrate, by difference	-	99.77		0	NC	4		119.72	99.77	7.98	
Fiber, total dietary		0.0		1	LC	8		0.0	0.0	0.0	
Sugars, total		97.81	0.303		A	1		117.37	97.81	7.82	
=		37.01	0.303			-		117.37	97.01	7.02	
Sucrose		0.00	0.000	8	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.00	0.000		A	1		0.00	0.00	0.00	
Fructose		0.00	0.000		A	1		0.00	0.00	0.00	
Lactose		0.00	0.000		A	1		0.00	0.00	0.00	
Maltose		0.00	0.000		A	1		0.00	0.00	0.00	
Galactose		1.26	0.266		A	1		1.51		0.10	
Starcn	y	1.20	0.200	*	A	1		1.51	1.26	0.10	
Minerals:											
Calcium, Ca	<u>mg</u>	1	0.153	8	A	1		2	1	0	
Iron, Fe	-	0.06	0.008	8	A	1		0.07	0.06	0.00	
Magnesium, Mg		0	0.000	8	A	1		0	0	0	
Phosphorus, P		0	0.033	8	A	1		1	0	0	
Potassium, K	mg	2	0.106	8	A	1		2	2	0	
Sodium, Na	<u>mg</u>	2	0.096	8	A	1		2	2	0	
Zinc, Zn	<u>mg</u>	0.01	0.005	8	A	1		0.02	0.01	0.0	
Copper, Cu	mg	0.007	0.000	8	A	1		0.009	0.007	0.00	
Manganese, Mn	mg	0.004	0.000	8	A	1		0.005	0.004	0.00	
Selenium, Se	µg	0.6		0	FLA	4		0.8	0.6	0.1	
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLA	4		0.0	0.0	0.0	
Thiamin	-	0.000)	0	FLA	4		0.000	0.000	0.00	
Riboflavin	-	0.019		0	FLA	4		0.022	0.019	0.00	
Niacin	-	0.000		4		1		0.000	0.000	0.00	
Pantothenic acid	-	0.000				1		0.000	0.000	0.00	
Vitamin B-6	•	0.000				1		0.000	0.000	0.00	
Folate, total		0	0.000			1		0	0	0	
Folic acid		0		0	FLA	4		0	0	0	
Folate, food		0		0	FLA	4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Choline, total		0.0		0	z	7		0.0	0.0	0.0	
Betaine	-										
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.0	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	FLA	4		0	0	0	
Carotene, beta		0		0	FLA	4		0	0	0	
Carotene, alpha		0		0	FLA	4		0	0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	0	
Vitamin A, IU		0		0	FLA	4		0	0	0	
Lycopene		0		0	FLA	4		0	0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.0	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											

	Amount in 10	00 grams			Amount in edible portion of common measures of food		
				0			
Nutrients and Units	Mean Std. Error			Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg Vitamin D (D2 + D3)µg	0.0	0	Z	7	0.0	0.0	0.0
Vitamin D (D2 + D3)	0.0	0	Z	7	0.0	0.0	0.0
	0.0	0	FLA	4	0.0		
Vitamin K (phylloquinone)µg	0.0	U	FLA	4	0.0	0.0	0.0
Dihydrophylloquinoneµg							
Menaquinone-4µg							
Lipids:							
Fatty acids, total saturatedg	0.000	0	FLA	4	0.000	0.000	0.000
4:0g	0.000	0	FLA	4	0.000	0.000	0.000
6:0g	0.000	0	FLA	4	0.000	0.000	0.000
8:0g	0.000	0	FLA	4	0.000	0.000	0.000
10:0g	0.000	0	FLA	4	0.000	0.000	0.000
12:0g	0.000	0	FLA	4	0.000	0.000	0.000
13:0							
14:0	0.000	0	FLA	4	0.000	0.000	0.000
15:0							
16:0g	0.000	0	FLA	4	0.000	0.000	0.000
17:0g	3,555	·		-	******	***************************************	*****
18:0g	0.000	0	FLA	4	0.000	0.000	0.000
	0.000	Ū	PDA	- -	0.000	0.000	0.000
20:0g							
22:0g							
24:0g	0.000	•			0.000	0.000	0.000
Fatty acids, total monounsaturatedg	0.000	0	FLA	4	0.000	0.000	0.000
14:1g							
15:1g							
16:1 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000
17:1g							
18:1 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000
20:1g	0.000	0	FLA	4	0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000
24:1 cg							
Fatty acids, total polyunsaturatedg	0.000	0	FLA	4	0.000	0.000	0.000
18:2 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000
18:3 undifferentiated	0.000	0	FLA	4	0.000	0.000	0.000
18:4g	0.000	0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000	0	FLA	4	0.000	0.000	0.000
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans							
Cholesterolmg	0	0	FLA	4	0	0	0
Phytosterolsmg	<u> </u>	•		=	•	·	·
•							
Others:					_		
Alcohol, ethylg	0.0	0	Z	7	0.0	0.0	0.0
Caffeinemg	0	0	FLA	4	0	0	0
Theobrominemg	0	0	FLA	4	0	0	0

Common Measures:

Measure 1 = 120g: 1 cup unsifted Measure 2 = 100g: 1 cup sifted Measure 3 = 8.0g: 1 tbsp unsifted NDB No. 19336 Sugars, powdered

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		All	ount in 10	o grains	oreal	bie porti	<u>011</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of fo	od_	
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nutrients and on	iits	Weali	Siu. E i oi	Tomics	Oouc	Jouc	Oouc	Wieasure i	Weasure 2	Weasure	
Proximates:											
Water	g	0.0	0	0	NR	4		0.00			
Energy		0		0	NC	4		0			
Energy		0		0	NC	4		0			
Protein (N x 6.25)		0.0	0	0	NR	4		0.00			
Total lipid (fat)		0.0	0	0	NR	4		0.00			
Ash		0.0		0	NR	4		0.00			
Carbohydrate, by difference	-	100.0		0	0	4		1.00			
Fiber, total dietary		0.0		0	NR	4		0.0			
Sugars, total		0.0		0	NR	4		0.00			
Starch		• • • • • • • • • • • • • • • • • • • •		•		-					
Starcii	9										
Minerals:_											
Calcium, Ca	<u>m</u> g	0		0	NR	4		0			
Iron, Fe	mg	0.0	0	0	NR	4		0.00			
Magnesium, Mg	mg	0		0	NR	4		0			
Phosphorus, P	mg	0		0	NR	4		0			
Potassium, K	mg	0		0	NR	4		0			
Sodium, Na	mg	0		0	NR	4		0			
Zinc, Zn	mg	0.0	0	0	NR	4		0.00			
Copper, Cu	mg	0.0	00	0	NR	4		0.000			
Manganese, Mn	mg	0.0	00	0	NR	4		0.000			
Selenium, Se	µg	0.0)	0	NR	4		0.0			
Vitamina											
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0	NR	4		0.0			
Thiamin		0.0		0	NR	4		0.000			
Riboflavin	-	0.0		0	NR	4		0.000			
Niacin	-	0.0		0	NR	4		0.000			
Pantothenic acid	-	0.0		0	NR	4		0.000			
Vitamin B-6	-	0.0	000	0	NR	4		0.000			
Folate, total		0		0	NR	4		0			
Folic acid		0		0	NR	4		0			
Folate, food		0		0	NR	4		0			
Folate, DFE		0		0	NC	4		0			
Choline, total		0.0	1	0	NR	4		0.0			
Betaine											
Vitamin B-12		0.0		0	NR	4		0.00			
Vitamin B-12, added		0.0	0	0	NR	4		0.00			
Vitamin A, RAE		0		0	NC	4		0			
Retinol	µg	0		0	NR	4		0			
Carotene, beta	µg	0		0	NR	4		0			
Carotene, alpha	µg	0		0	NR	4		0			
Cryptoxanthin, beta	µg	0		0	NR	4		0			
Vitamin A, IU	JU	0		0	NR	4		0			
Lycopene		0		0	NR	4		0			
Lutein + zeaxanthin		0		0	NR	4		0			
Vitamin E (alpha-tocopherol)	mg	0.0	0	0	NR	4		0.00			
Vitamin E, added	mg	0.0	0	0	NR	4		0.00			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0)	0	NR	4		0.0			
Vitamin D	IU	0		0	NR	4		0			
Vitamin K (phylloquinone)		0.0)	0	NR	4		0.0			
Dihydrophylloquinone											
Menaquinone-4											

	Amount in	100 grams	Amount in edible portion of common					
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	0.000	0	NR	4		0.000		
Fatty acids, total saturated		-		4		0.000		
4:0g	0.000 0.000	0	NR NR	4		0.000		
6:0g		0		4		0.000		
8:0g	0.000 0.000	0	NR NR	4		0.000		
10:0g		0		4		0.000		
12:0g	0.000	U	NR	4		0.000		
13:0g	0.000	0	NR	4		0.000		
14:0g	0.000	U	NR	4		0.000		
15:0g	0.000	0	NR	4		0.000		
16:0g	0.000	U	NR	4		0.000		
17:0g	0.000	0	NR	4		0.000		
18:0g 20:0	0.000	U	NR	4		0.000		
22:0g 24:0g								
Fatty acids, total monounsaturated9	0.000	0	NR	4		0.000		
14:1g	0.000	U	NK	-		0.000		
14:1								
16:1 undifferentiatedg	0.000	0	NR	4		0.000		
17:1g	0.000	Ū	MIC	*		0.000		
18:1 undifferentiated	0.000	0	NR	4		0.000		
20:1g	0.000	0	NR	4		0.000		
22:1 undifferentiatedg	0.000	0	NR	4		0.000		
24:1 cg	0.000	Ū	MIC	*		0.000		
Fatty acids, total polyunsaturated9	0.000	0	NR	4		0.000		
18:2 undifferentiatedg	0.000	0	NR	4		0.000		
18:3 undifferentiated	0.000	0	NR	4		0.000		
18:4g	0.000	0	NR	4		0.000		
20:2 n-6 c,cg	0.000	Ū	1410	*		0.000		
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0	NR	4		0.000		
20:5 n-3 (EPA)g	0.000	0	NR	4		0.000		
21:5g	0.000	ŭ	1120	-		0.000		
22:4g								
22:5 n-3 (DPA)g	0.000	0	NR	4		0.000		
22:6 n-3 (DHA)g	0.000	0	NR	4		0.000		
Fatty acids, total transg	0.000	0	NR	4		0.000		
Cholesterol mg	0	0	NR	4		0		
Phytosterolsmg	·	·		-		Ü		
Others:								
Alcohol, ethylg	0.0	0	NR	4		0.0		
Caffeinemg	0	0	NR	4		0		
Theobrominemg	0	0	NR	4		0		

Common Measures:

Measure 1 = 1.0g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 100 g	rams	or edi	vie portion		Amount in edible portion of common			
			Nui	m be	r			<u>m</u>	easures of fo	<u>od</u>	
			of	Data	Deriv	Source Confide	ence				
Nutrients and Un	ite	Mean	Std. Error Po			Code Cod		Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Weari	olu. E i oi i i	J	0000	0000 000		weasure i	Weasure 2	Wieasure	
Proximates:											
Water	g	22.94	0.151	3	A	1		1.58	12.62		
Energy.	-	310		0	NC	4		21	170		
Energy		1297		0	NC	4		89	713		
Protein		0.09	0.000	3	A	1		0.01	0.05		
Total lipid (fat)		0.45	0.009	3	A	1		0.03	0.25		
Ash	g	0.14	0.020	3	A	1		0.01	0.08		
Carbohydrate, by difference	g	76.37		0	NC	4		5.27	42.00		
Fiber, total dietary		0.2	0.000	3	A	1		0.0	0.1		
Sugars, total		68.03	1.974	3	A	1		4.69	37.42		
Sucrose		0.00	0.000	3	A	1		0.00	0.00		
Glucose (dextrose)		12.43	2.683	3	A	1		0.86	6.84		
Fructose		55.60	4.589	3	A	1		3.84	30.58		
Lactose	g	0.00	0.000	3	A	1		0.00	0.00		
Maltose		0.00	0.000	3	A	1		0.00	0.00		
Galactose	g	0.00	0.000	3	A	1		0.00	0.00		
Starch											
finerals:											
Calcium, Ca	<u>m</u> g	1		2	A	1		0	0		
Iron, Fe	mg	0.09	0.022	3	A	1		0.01	0.05		
Magnesium, Mg		1	0.407		A	1		0	1		
Phosphorus, P		1	0.260		A	1		0	1		
Potassium, K	-	4	1.240		A	1		0	2		
Sodium, Na	_	4	1.273		A	1		0	2		
Zinc, Zn		0.01	0.000		A	1		0.00	0.00		
Copper, Cu		0.00			A	1		0.001	0.005		
Manganese, Mn Selenium, Se		0.00 1.7	5 0.000	3 0	A BFSN	1 4		0.000 0.1	0.003 0.9		
itamins:											
Vitamin C, total ascorbic acid	mg	17.0		0	BFSN	4		1.2	9.4		
Thiamin	-	0.12	2	0	BFSN	4		0.008	0.067		
Riboflavin	-	0.16	5	0	BFSN	4		0.011	0.091		
Niacin	mg	0.68	9	0	BFSN	4		0.048	0.379		
Pantothenic acid	mg										
Vitamin B-6	mg	0.23	4	0	BFSN	4		0.016	0.129		
Folate, total	µg	30		0	BFSN	4		2	16		
Folic acid	µg	0		0	BFSN	4		0	0		
Folate, food	µg	30		0	BFSN	4		2	16		
Folate, DFE	µg	30		0	NC	4		2	16		
Choline, total	mg	13.3		0	BFSN	4		0.9	7.3		
Betaine											
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin B-12, added		0.00		0	BFSN	4		0.00	0.00		
Vitamin A, RAE		8		0	NC	4		1	4		
Retinol		0		0	BFSN	4		0	0		
Carotene, beta		94		0	BFSN	4		6	52		
Carotene, alpha		0		0	BFSN	4		0	0		
Cryptoxanthin, beta		0		0	BFSN	4		0	0		
Vitamin A, IU		156		0	NC BECN	4		11	86		
Lycopene		0		0	BFSN	4		0	0		
Lutein + zeaxanthin		0 0.98		0	BFSN	4 4		0 0.07	-		
Vitamin E (alpha-tocopherol)				0	BFSN	4		0.07	0.54		
Vitamin E, added		0.00		U	BFSN	*		0.00	0.00		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, gamma Tocopherol, delta											
Tocopherol, delta Tocotrienol, alpha											
Focotrienol, beta											
Tocotrienol, gamma											

	<u>Am</u>	ount in 10	00 grams	of edil	Amount in edible portion of common				
			Nivers Is a m					easures of foo	
			Number		0	0	<u></u>	000010001100	<u> </u>
						Confidence			
Nutrients and Units	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg									
Vitamin D (D2 + D3)µg	0.0		0	BFSN	4		0.0	0.0	
Vitamin D	0		0	Z	7		0	0	
Vitamin K (phylloquinone)µg	22.5		0	BFSN	4		1.6	12.4	
Dihydrophylloquinoneµg									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	0.00	0	0	z	7		0.000	0.000	
4:0g	0.00	0	0	Z	7		0.000	0.000	
6:0g	0.00	0	0	Z	7		0.000	0.000	
8:0g	0.00	0	0	Z	7		0.000	0.000	
10:0g	0.00	0	0	Z	7		0.000	0.000	
12:0g	0.00	0	0	Z	7		0.000	0.000	
13:0g									
14:0g	0.00	0	0	Z	7		0.000	0.000	
15:0g									
16:0g	0.00	0	0	Z	7		0.000	0.000	
17:0g									
18:0g	0.00	0	0	Z	7		0.000	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.00	0	0	BFSN	4		0.000	0.000	
14:1g									
15:1g	0.00	•	0	220					
16:1 undifferentiatedg	0.00	U	U	BFSN	4		0.000	0.000	
17:1	0.00	0	0	BFSN	4		0.000	0.000	
20:1g	0.00		0	BFSN	4		0.000	0.000	
22:1 undifferentiated	0.00		0	BFSN	4		0.000	0.000	
24:1 c	0.00	•	Ū	DIBIN	-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.00	0	0	BFSN	4		0.000	0.000	
18:2 undifferentiatedg	0.00		0	BFSN	4		0.000	0.000	
18:3 undifferentiated	0.00		0	BFSN	4		0.000	0.000	
18:4g	0.00		0	BFSN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	0	0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)g	0.00	0	0	BFSN	4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)g	0.00	0	0	BFSN	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 6.9g: 1 tsp Measure 2 = 55g: .25 cup

Calories Factors: Protein Fat Carbohydrate

NDB No. 19912

Sweetener, syrup, agave

Food Group: 19 Sweets

Refuse:0%

		<u>Am c</u>	ount in 100	gram	s of edi	ble portic	<u>on</u>	Amount in e	edible portion	of common
			Nı	ım be	r				easures of fo	
						Source	Confidence			
Nutrients and Un	its	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	g	2.44	0.19	8 4	A	1		0.31	4.60	
Energy		388		0	NC	4		50	734	
Energy		1625		0	NC	4		210	3072	
Protein		0.00		2	A	1		0.00	0.00	
Total lipid (fat)		0.00		0	Z	7		0.00	0.00	
Ash	-	0.45	0.01	2 4	A	1		0.06	0.85	
Carbohydrate, by difference	-	97.11		0	NC	4		12.53	183.55	
Fiber, total dietary				_		_			200100	
Sugars, total		45.66	0.69	0 4	A	1		5.89	86.31	
S .		44.35	0.44		A	1		5.72	83.83	
Sucrose (daytrage)		0.80	0.25		A	1		0.10	1.51	
Glucose (dextrose)		0.51	0.23		A	1		0.07	0.97	
Fructose		0.31	0.14	- =		_		0.07	0.97	
Lactose		0.00	0.00	0 4	A	1		0.00	0.00	
Maltose		0.00	0.00		A	1		0.00	0.00	
Galactose		0.00	0.00	0 4	A	_		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	ma	63	2.41	8 4	A	1		8	119	
Iron, Fe	-	1.64	0.04	3 4	A	1		0.21	3.10	
Magnesium, Mg		10	0.43		A	1		1	19	
Phosphorus, P		2	0.10		A	1		0	4	
Potassium, K		130	4.17	1 4	A	1		17	246	
Sodium, Na		11	0.92	4 4	A	1		1	21	
Zinc, Zn		0.08	0.00	5 4	A	1		0.01	0.16	
Copper, Cu		0.083	0.00	5 4	A	1		0.011	0.158	
Manganese, Mn		0.066	0.00	3 4	A	1		0.009	0.125	
Selenium, Se										
Vitamina										
Vitamins:	ma									
Vitamin C, total ascorbic acid Thiamin	-	0.01	=	1	A	1		0.002	0.028	
Riboflavin		0.01		1	A	1		0.002	0.028	
Niacin	-	0.08		1	A	1		0.002	0.151	
	-	0.120		1	A	1		0.010	0.227	
Pantothenic acid Vitamin B-6	-	0.120		1	A	1		0.015	0.227	
	-	0.040	,	_	A	_		0.005	0.075	
Folate, total										
Folate, DFECholine, total										
Betaine Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 19906

Sweeteners, for baking, brown, contains sugar and sucralose

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Code Mean

Measure 1

Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.9g: 1 tbspMeasure 2 = 189g: 1 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

		<u>Am our</u>	<u>nt in 100 gr</u> Num			ole portio	<u>in</u>	Amount in edible portion of common measures of food		
Nutrients and U	Jnits	Mean Std	of I I.Error Po				Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		0.43	0.114					0.06		
Water	-	0.43	0.114		A	1		0.06	0.87	
Energy		398		0	NC	4		58	804	
Energy		1666	0 000	0	NC	4		242	3365	
Protein		0.00	0.000	3	A	1		0.00	0.00	
Total lipid (fat)		0.00		0	Z	7		0.00	0.00	
Ash	-	0.04	0.010	4	A	1		0.01	0.08	
Carbohydrate, by difference		99.53		0	NC	4		14.43	201.05	
Fiber, total dietary										
Sugars, total	g	47.05	0.427	4	A	1		6.82	95.04	
Sucrose	g	47.05	0.427	4	A	1		6.82	95.04	
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00	0.00	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose		0.00	0.000	4	A	1		0.00	0.00	
Maltose		0.00	0.000	4	A	1		0.00	0.00	
Galactose		0.00	0.000	4	A	1		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	•	1	0.098	4	A	1		0	2	
Iron, Fe	-	0.06	0.023	4	A	1		0.01	0.12	
Magnesium, Mg		0	0.004	4	A	1		0	1	
Phosphorus, P		0	0.004	4	A	1		0	1	
Potassium, K	-	2	0.439	4	A	1		0	5	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	2	0.199	4	A	1		0	3	
Zinc, Zn	•	0.01	0.001	4	A	1		0.00	0.02	
Copper, Cu		0.008	0.000	4	A	1		0.001	0.015	
Manganese, Mn		0.004	0.000	4	A	1		0.001	0.009	
Selenium, Se	µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.5g: 1 tbsp Measure 2 = 202g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Nur	n bei	measures of food							
Nutrients and Units		Number of Data Deriv Source Confidence									
		Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	9.14	1.164	3	A	1		0.05	2.10		
Energy		347		0	NC	4		2	80		
Energy		1453		0	NC	4		7	334		
Protein		2.06	0.157	3	A	1		0.01	0.47		
Total lipid (fat)		0.00		2	A	1		0.00	0.00		
Ash	-	4.03	0.026	3	A	1		0.02	0.93		
Carbohydrate, by difference	-	84.77		0	NC	4		0.42	19.50		
Fiber, total dietary		0.6		1	A	1		0.0	0.1		
Sugars, total		4.03		1	A	1		0.02	0.93		
Sucrose		0.00		1	A	1		0.00	0.00		
Glucose (dextrose)		1.09	0.368	3	A	1		0.01	0.25		
Fructose		0.00	0.000	3	A	1		0.00	0.00		
LactoseLactose		0.00	0.000	3	A	1		0.00	0.00		
Lactose Maltose		2.94	2.412	3	A	1		0.01	0.68		
		0.00	0.000	3	A	1		0.00	0.00		
Galactose		3.52	1.041	4	A	1		0.02	0.81		
Starcii	9	3.32	1.041	-	А	_		0.02	0.81		
Minerals:_											
Calcium, Ca	mg	879	20.867	3	A	1		4	202		
Iron, Fe	mg	0.16	0.022	3	A	1		0.00	0.04		
Magnesium, Mg	mg	6	0.266	3	A	1		0	1		
Phosphorus, P	mg	8	0.425	3	A	1		0	2		
Potassium, K	mg	39	2.003	3	A	1		0	9		
Sodium, Na	mg	572	30.024	3	A	1		3	132		
Zinc, Zn	<u>m</u> g	0.04	0.022	3	A	1		0.00	0.01		
Copper, Cu	mg	0.007	0.000	3	A	1		0.000	0.002		
Manganese, Mn		0.022	0.001	3	A	1		0.000	0.005		
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	ma										
Thiamin	-	0.015		1	A	1		0.000	0.003		
Riboflavin		0.015		1	A	1		0.000	0.003		
Niacin	-										
Pantothenic acid	mg	0.080		1	A	1		0.000	0.018		
Vitamin B-6	mg	0.015		1	A	1		0.000	0.003		
Folate, total	µg										
Folate, DFE	µg										
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg										
Vitamin A, RAE	µg										
Vitamin A, IU	<u>IU</u>										
Lycopene	µg										
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone) Dihydrophylloquinone											
LAUVORODRVIIOGIIINONE	uu										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 19909

Sweeteners, sugar substitute, granulated, brown

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code Mean

Measure 1

Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Nutrients and Units

Measure 1 = 0.5g: 1 tsp Measure 2 = 23g: 1 cup

Calories Factors: Protein Carbohydrate Fat

Food Group: 19 Sweets

NDB No. 19337 Sweeteners, tabletop, as partame, EQUAL, packets

Merisant Company

Nutrients and Units	g g g g g	8.79 365 1527 2.17 0.00 89.08 0.0 80.70 8.36	5 7 0 0 3	c	7 3 0 0	A NC NC A A NC FLA	Source Code	Confidence Code	0.31 13 53 0.08 0.00	0.09 4 15 0.02 0.00	_
Proximates: Water 9 Energy k Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m Magnesium, Mg m Phosphorus, P m Potassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se µ Vitamins: Vitamin Brotottal Vitamin B-6 m Folate, total µ Folate, food µ Folate, DFE µ Choline, total m	g g g g g	8.75 365 1527 2.17 0.00 89.08 0.0 80.70 8.36	5 7 0 0 3	0.04	7 3 0 0 1 0 3 2 0 0 0 0	A NC A A NC FLA	1 4 4 1 1		0.31 13 53 0.08 0.00	0.09 4 15 0.02	Measure :
Proximates: Water 9 Energy k Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m Magnesium, Mg m Phosphorus, P m Potassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se µ Vitamins: Vitamin Brotottal Vitamin B-6 m Folate, total µ Folate, food µ Folate, DFE µ Choline, total m	g g g g g	8.75 365 1527 2.17 0.00 89.08 0.0 80.70 8.36	5 7 0 0 3	0.04	7 3 0 0 1 0 3 2 0 0 0 0	A NC A A NC FLA	1 4 4 1 1		0.31 13 53 0.08 0.00	0.09 4 15 0.02	Measure 3
Water	g g g g	365 1527 2.17 0.00 0.00 89.08 0.0 80.70 8.36	7 0 0 3		0 0 1 0 3 2 0 0	NC A A A NC FLA	4 4 1 1		13 53 0.08 0.00	4 15 0.02	
Water	g g g g	365 1527 2.17 0.00 0.00 89.08 0.0 80.70 8.36	7 0 0 3		0 0 1 0 3 2 0 0	NC A A A NC FLA	4 4 1 1		13 53 0.08 0.00	4 15 0.02	
Energy	g g g g	365 1527 2.17 0.00 0.00 89.08 0.0 80.70 8.36	7 0 0 3		0 0 1 0 3 2 0 0	NC A A A NC FLA	4 4 1 1		13 53 0.08 0.00	4 15 0.02	
Energy	g g g g	1527 2.17 0.00 0.00 89.08 0.0 80.70 8.36)) 3	0.00	0 1 0 3 2 0 0	NC A A A NC FLA	4 1 1 1		53 0.08 0.00	15 0.02	
Protein (N x 6.25)	g g g	2.17 0.00 0.00 89.08 0.0 80.70 8.36)) 3	0.00	1 0 3 2 0 0	A A A NC FLA	1 1 1		0.08	0.02	
Total lipid (fat)	g g g	0.00 0.00 89.08 0.0 80.70 8.36)) 3	0.00	0 3 2 0 0 0 0	A A NC FLA	1 1		0.00		
Ash	g g g	0.00 89.08 0.0 80.70 8.36) 3)	0.00	2 0 0 0	A NC FLA	1			0.00	
Carbohydrate, by difference	g g g	89.08 0.0 80.70 8.36	3		0 0 0	NC FLA					
Fiber, total dietary	g g g	0.0 80.70 8.36	0		0	FLA	4		0.00	0.00	
Sugars, total	g g g	80.70 8.36			0		-		3.12	0.89	
Starch	g g g	8.36				_	4		0.0	0.0	
Starch	g g g	0	5		າ	0	4		2.82	0.81	
Calcium, Ca	g g g				4	A	1		0.29	0.08	
Calcium, Ca	g g g										
Iron, Fe	g g g			0 00	n 2	7	1		0	0	
Magnesium, Mg. п Phosphorus, P. п Potassium, K. п Sodium, Na. п Zinc, Zn. п Copper, Cu. п Manganese, Mn. п Selenium, Se. µ Vitamins: Vitamin C, total ascorbic acid. п Thiamin. п Riboflavin. п Niacin. п Pantothenic acid. п Vitamin B-6. п Folate, total. µ Folate, food. µ Folate, DFE. µ Choline, total. п	g g	0.04	1	0.00		A A	1 1		0.00	0 0.00	
Phosphorus, P	g g	0	-	0.03		A A	1		0.00	0.00	
Potassium, K	g	0		0.00		A	1		0	0	
Sodium, Na	-	4		0.62		A	1		0	0	
Zinc, Zn		0		0.02	2	A	1		0	0	
Copper, Cu	•	0.01	1	0.00		A	1		0.00	0.00	
Manganese, Mn	-	0.00		0.00		A	1		0.000	0.000	
Selenium, Se. µ Vitamins:		0.00	00	0.00	0 3	A	1		0.000	0.000	
Vitamin C, total ascorbic acid M Thiamin M Riboflavin M Niacin M Pantothenic acid M Vitamin B-6 M Folate, total M Folic acid M Folate, food M Folate, DFE M Choline, total M		0.5			0	FLA	4		0.0	0.0	
Vitamin C, total ascorbic acid. M Thiamin. M Riboflavin. M Niacin. M Pantothenic acid. M Vitamin B-6. M Folate, total. JA Folic acid. JA Folate, food. JA Folate, DFE. JA Choline, total. M											
Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m Folate, total µ Folic acid µ Folate, food µ Folate, DFE µ Choline, total m	~	0.0			0				0.0	0.0	
Riboflavin	-	0.00	20		0	FLA FLA	4 4		0.000		
Niacin	-	0.00			0	FLA	4		0.000	0.000 0.000	
Pantothenic acid	-	0.00			0	FLA	4		0.000	0.000	
Vitamin B-6	-	0.00			0	FLA	4		0.000	0.000	
Folate, total	-	0.00			0	FLA	4		0.000	0.000	
Folic acid	-	0	50		0	FLA	4		0.000	0.000	
Folate, food		0			0	FLA	4		0	0	
Folate, DFE	=	0			0	FLA	4		0	0	
Choline, total		0			0	NC	4		0	0	
		0.0			0	Z	7		0.0	0.0	
	•	•••			·	-	•			0.0	
Vitamin B-12		0.00)		0	FLA	4		0.00	0.00	
Vitamin B-12, added	•	0.00			0	Z	7		0.00	0.00	
Vitamin A, RAE	=	0			0	FLA	4		0	0	
Retinol		0			0	FLA	4		0	0	
Carotene, beta	=	0			0	FLA	4		0	0	
Carotene, alpha		0			0	FLA	4		0	0	
Cryptoxanthin, beta		0			0	FLA	4		0	0	
Vitamin A, IU		0			0	FLA	4		0	0	
Lycopene		0			0	FLA	4		0	0	
Lutein + zeaxanthin		0			0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	g	0.00)		0	FLA	4		0.00	0.00	
Vitamin E, addedm		0.00)		0	Z	7		0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	g										
Tocotrienol, beta											
Tocotrienol, gamma	g										
Tocotrienol, delta	g										
Vitamin D (D2 + D3)	9	0.0			0	Z	7		0.0	0.0	
Vitamin D	l	0			0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0			0	FLA	4		0.0	0.0	
Dihydrophylloquinone	9										

	<u>A</u>	Amount in 100 grams of edible portion Amount						in edible portion of common		
			Number				easures of foo			
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3		
Lipids:										
Fatty acids, total saturated	g 0.	.000	0	FLA	4	0.000	0.000			
4:0		.000	0	FLA	4	0.000	0.000			
6:0	•	.000	0	FLA	4	0.000	0.000			
8:0	-	.000	0	FLA	4	0.000	0.000			
10:0 12:0	•	.000 .000	0	FLA FLA	4 4	0.000	0.000 0.000			
13:0	•	. 000	v	LUA	-	0.000	0.000			
14:0	-	.000	0	FLA	4	0.000	0.000			
15:0	-									
16:0	•	.000	0	FLA	4	0.000	0.000			
17:0 18:0	•	.000	0	FLA	4	0.000	0.000			
20:0	•	.000	U	FLIA	1	0.000	0.000			
22:0	•									
24:0	-									
Fatty acids, total monounsaturated	•	.000	0	FLA	4	0.000	0.000			
14:1										
15:1 16:1 undifferentiated	•	.000	0	FLA	4	0.000	0.000			
17:1	-		·		•	0.000	0.000			
18:1 undifferentiated		.000	0	FLA	4	0.000	0.000			
20:1	g 0.	.000	0	FLA	4	0.000	0.000			
22:1 undifferentiated	•	.000	0	FLA	4	0.000	0.000			
24:1 c	-	000	•							
Fatty acids, total polyunsaturated	•	.000 .000	0	FLA FLA	4 4	0.000	0.000 0.000			
18:3 undifferentiated	.0	.000	0	FLA	4	0.000	0.000			
18:4	.0	.000	0	FLA	4	0.000	0.000			
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		.000	0	FLA	4	0.000	0.000			
20:5 n-3 (EPA)	.0	.000	0	FLA	4	0.000	0.000			
22:4	•									
22:5 n-3 (DPA)	-	.000	0	FLA	4	0.000	0.000			
22:6 n-3 (DHA)	-	.000	0	FLA	4	0.000	0.000			
Fatty acids, total trans										
Cholesterol			0	FLA	4	0	0			
Phytosterols	.mg									
Amino Acids:										
Tryptophan	.0	.000	0	A	1	0.000	0.000			
Threonine		.000	0	A	1	0.000	0.000			
IsoleucineLeucine		.000 .000	0	A A	1 1	0.000 0.000	0.000 0.000			
Lysine	•	.000	0	A	1	0.000	0.000			
Methionine	•	.000	0	A	1	0.000	0.000			
Cystine	g 0.	.000	0	A	1	0.000	0.000			
Phenylalanine	.0	.186	0	0	4	0.042	0.012			
Tyrosine	•	.000	0	A	1	0.000	0.000			
Valine	.0	.000 .000	0	A A	1 1	0.000	0.000			
Arginine Histidine	•	.000	0	A	1	0.000	0.000 0.000			
Alanine	•	.000	0	A	1	0.000	0.000			
Aspartic acid	•	.983	0	0	4	0.034	0.010			
Glutamic acid	.0	.000	0	A	1	0.000	0.000			
Glycine	.0	.000	0	A	1	0.000	0.000			
Proline	•	.000	0	A	1	0.000	0.000			
Serine Hydroxyproline	•	.000	U	A	1	0.000	0.000			
	· J									
Others:		•	^		4	0.0				
Alcohol, ethyl Caffeine	-	. U	0 0	FLA FLA	4 4	0.0 0	0.0 0			
Cancing	y		U	FLA	-	U	U			

NDB No. 19337

Sweeteners, tabletop, aspartame, EQUAL, packets

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Measure 2

Std. Error Points Code Code Code Mean

Measure 1

Measure 3

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.5g: 1 tsp

Measure 2 = 1.0g: 1 serving 1 packet

Calories Factors: Protein 4 Carbohydrate4 Fat 9

Food Group: 19 Sweets

Refuse:0%

		An	ount in 10	u gram s	or ear	ne portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
						Source (Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	a	0.0	0	0		4		0.00	0.00	0.00	
Energy		368		0		4		721	15	11	
Energy		1540		0		4		3018	65	46	
Protein		0.0	0	0		4		0.00	0.00	0.00	
Total lipid (fat)	-	0.0		0		4		0.00	0.00	0.00	
Ash		0.0		0	BFSN	4		0.00	0.00	0.00	
Carbohydrate, by difference		100.0		0		4		196.00	4.20	3.00	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		92.7		0	0	4		181.69	3.89	2.78	
Starch		7.3		0	0	4		14.31	0.31	0.22	
Surcii	9		•	•	•	-			0.51	***	
Minerals:											
Calcium, Ca	<u>m</u> g	0		0		4		0	0	0	
Iron, Fe	-	0.1	.0	1		1		0.20	0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	0	
Phosphorus, P		0		0		4		0	0	0	
Potassium, K		0		0		4		0	0	0	
Sodium, Na		12	_	0		4		23	1	0	
Zinc, Zn		0.0		0		4		0.00	0.00	0.00	
Copper, Cu		0.2	21	0		4		0.433	0.009	0.00	
Manganese, Mn		0.6		0	DEGN	4		1.0	0.0	0.0	
Selenium, Se	µg	0.6		U	BFSN	4		1.2	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin	mg	0.0	00	0		4		0.000	0.000	0.00	
Riboflavin	mg	0.0	00	0		4		0.000	0.000	0.00	
Niacin	mg	0.0	00	0		4		0.000	0.000	0.00	
Pantothenic acid	mg										
Vitamin B-6	mg	0.0	00	0		4		0.000	0.000	0.00	
Folate, total	µg	0		0		4		0	0	0	
Folic acid		0		0	BFSN	4		0	0	0	
Folate, food		0		0	BFSN	4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Choline, total		0.0		0	Z	7		0.0	0.0	0.0	
Betaine	-		_								
Vitamin B-12		0.0		0	_	4		0.00	0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		0		0	BFSN	4		0	0	0	
Retinol		0		0	BFSN	4		0	o o	U	
Carotene, beta		0		0	BFSN	4		0	0	0	
Carotene, alpha		0		0	BFSN	4 4		0	0	0	
Cryptoxanthin, beta		0		0	BFSN NC	4		0	0 0	0	
Vitamin A, IU		0		0	BFSN	4		0	0	0	
Lycopene Lutein + zeaxanthin		0		0	BFSN	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.0	0	0	BFSN	4		0.00	0.00	0.00	
Vitamin E, added		0.0		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.0	•	·	-	,		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D		0		0	Z	7		0	0	0	
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	0.0	
Dihydrophylloquinone											
Menaquinone-4											

	Ame	ount in 10		Amount in edible portion of common measures of food					
			Number				<u></u>	easures or roc	<u>.u</u>
					Source Co	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.00		0		7		0.000	0.000	0.000
4:0g	0.00		0		4		0.000	0.000	0.000
6:0g	0.00		0		4		0.000	0.000	0.000
8:0g	0.00		0		4		0.000	0.000	0.000
10:0g	0.00		0		4		0.000	0.000	0.000
12:0g	0.00	0	0		4		0.000	0.000	0.000
13:0g									
14:0g	0.00	0	0		4		0.000	0.000	0.000
15:0g									
16:0g	0.00	0	0		4		0.000	0.000	0.000
17:0g									
18:0g	0.00	0	0		4		0.000	0.000	0.000
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.00	0	0		7		0.000	0.000	0.000
14:1g									
15:1g									
16:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
20:1g	0.00		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.00		0		7		0.000	0.000	0.000
18:2 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
18:3 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
18:4g	0.00	0	0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0		7		0	0	0
Phytosterolsmg									
Others:					_				
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 196g: 1 cup Measure 2 = 4.2g: 1 tsp

Measure 3 = 3.0g: 1 individual packet

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amol	unt in 10	0 grams	or eath	ie porti	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	od_
						Source	Confidence			
Nutrients and Un	ite	Mean S	td. Error			Code	Code	Measure 1	Measure 2	Measure
Nutrients and on	11.5	Weari S	tu. E i oi		0000			Weasure i	Wedsure 2	weasure.
Proximates:										
Water	g	23.90		0		1		0.02		
Energy	_	279		0	NC	4		0		
Energy		1165		0	NC	4		1		
Protein		0.00		0		1		0.00		
Total lipid (fat)	=	0.00		0		1		0.00		
Ash		0.00		0	BFSN	4		0.00		
Carbohydrate, by difference	-	76.10		0	NC	4		0.08		
Fiber, total dietary		0.1		0		1		0.0		
Sugars, total		76.00		0	NR	4		0.08		
Starch		,,,,,		•		-		*****		
Starcii	9									
Minerals:										
Calcium, Ca	mg	1		0		1		0		
Iron, Fe	-	0.11		0		1		0.00		
Magnesium, Mg	mg	0		0		1		0		
Phosphorus, P	<u>mg</u>	0		0		1		0		
Potassium, K	mg	0		0		1		0		
Sodium, Na	<u>m</u> g	2		0		1		0		
Zinc, Zn	<u>mg</u>	0.09		0		1		0.00		
Copper, Cu	mg	0.037		0		1		0.000		
Manganese, Mn	mg									
Selenium, Se	µg	0.5		0	BFSN	4		0.0		
Vitamine										
<u>Vitamins:</u>	ma	0.0		•		1		0.0		
Vitamin C, total ascorbic acid	-	0.000		0		1		0.000		
Thiamin	-					1				
Riboflavin	-	0.020 0.000		0		1		0.000		
Niacin	-	0.000		U		1		0.000		
Pantothenic acid Vitamin B-6	-	0.000		0		1		0.000		
	-	0.000		0		1		0.000		
Folate, total		0		0	BFSN	4		0		
Folic acid		0		0	Dr SN	1		0		
Folate, food		0		0	wa	4		0		
Folate, DFE		0.0		0	NC Z	4 7		Ü		
Choline, total		0.0		U	Z	,		0.0		
Betaine	-	0.00		0		7		0.00		
Vitamin B-12		0.00		0	_	7		0.00		
Vitamin B-12, added		0.00		0	Z BFSN	4		0.00		
Vitamin A, RAE				0	BFSN	4				
Reunoi		0		0		-		0		
Carotene, beta		0		0	BFSN	4				
Carotene, alpha		0		0	BFSN	4		0		
Cryptoxanthin, beta		0		0	BFSN	4		0		
Vitamin A, IU		0		0	DE CO-	1		0		
Lycopene		0		0	BFSN	4		0		
Lutein + zeaxanthin		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				^	_	_				
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0		0	Z	7		0		
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0		
Dihydrophylloquinone	µg									

Amount in 100 grams					ole portion	<u>1</u>	Amount in edible portion of common measures of food		
							<u></u>	casares or roc	<u>, u</u>
Nutrients and Units	Mean S	td. Error				onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.000		0		4		0.000		
4:0g	0.000		0		4		0.000		
6:0g	0.000		0		4		0.000		
8:0g	0.000		0		4		0.000		
10:0g	0.000		0		4		0.000		
12:0g	0.000		0		4		0.000		
13:0g									
14:0g	0.000		0		4		0.000		
15:0g									
16:0g	0.000		0		4		0.000		
17:0g									
18:0g	0.000		0		4		0.000		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.000		0		4		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0		4		0.000		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg	0.000		0		4		0.000		
Fatty acids, total polyunsaturated	0.000		0		4		0.000		
18:2 undifferentiated	0.000		0		4				
18:3 undifferentiated	0.000		0		4		0.000		
	0.000		U		4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0		4		0.000		
20:5 n-3 (EPA)	0.000		0		4		0.000		
21:5g	0.000		Ū		-		0.000		
22:4g									
22:5 n-3 (DPA)g	0.000		0		4		0.000		
22:6 n-3 (DHA)g	0.000		0		4		0.000		
Fatty acids, total transg			-		_		0.000		
Cholesterolmg	0		0		7		0		
Phytosterolsmg	·		•		- -		·		
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	BFSN	4		0		
Theobrominemg	0		0	BFSN	4		0		

Common Measures:

Measure 1 = 0.1g: 1 serving

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.66

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in				ole porti	<u>on</u>	Amount in edible portion of common measures of food		
					nber				<u>m</u>	easures or too	<u>Ju</u>
							Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Err	or Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:											
Water	g	8.7	5	0.047	3	A	1		0.09	0.07	
Energy		360			0	NC	4		4	3	
Energy		1507			0	NC	4		15	12	
Protein (N x 6.25)		0.9	4		2	A	1		0.01	0.01	
Total lipid (fat)	g	0.0	0	0.000	3	A	1		0.00	0.00	
Ash		1.1	9		1	A	1		0.01	0.01	
Carbohydrate, by difference	g	89.1	1		0	NC	4		0.89	0.71	
Fiber, total dietary		0.0			0	FLA	4		0.0	0.0	
Sugars, total		85.1	9		0	0	4		0.85	0.68	
Starch		3.9	1		1	A	1		0.04	0.03	
	_										
Minerals:											
Calcium, Ca	_	0		0.000	3	A	1		0	0	
Iron, Fe		0.0	4	0.038	3	A	1		0.00	0.00	
Magnesium, Mg		0		0.000	3	A	1 1		0	0 0	
Phosphorus, P		4		0.000	3 3	A A	1		0	0	
Potassium, KSodium, Na		428		0.621	1	A	1		4	3	
Zinc, Zn	-	0.0	1	0.007	3	A	1		0.00	0.00	
Copper, Cu	-	0.0		0.000	3	A	1		0.000	0.000	
Manganese, Mn		0.0		0.000	3	A	1		0.000	0.000	
Selenium, Se		0.0			0	Z	7		0.0	0.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0			0	FLA	4		0.0	0.0	
Thiamin		0.0			0	FLA	4		0.000	0.000	
Riboflavin	-	0.0			0	FLA	4		0.000	0.000	
Niacin	-	0.0			0	FLA	4		0.000	0.000	
Pantothenic acid	-	0.0			0	FLA FLA	4 4		0.000	0.000	
Vitamin B-6	-	0.0	00		0	FLA	4		0.000	0.000 0	
Folate, totalFolic acid		0			0	FLA	4		0	0	
Folate, food		0			0	FLA	4		0	0	
Folate, DFE		0			0	NC	4		0	0	
Choline, total		0.0			0	z	7		0.0	0.0	
Betaine	_				•	_	•			0.0	
Vitamin B-12	-	0.0	0		0	FLA	4		0.00	0.00	
Vitamin B-12, added		0.0			0	NR	4		0.00	0.00	
Vitamin A, RAE		0			0	NC	4		0	0	
Retinol		0			0	FLA	4		0	0	
Carotene, beta	µg	0			0	FLA	4		0	0	
Carotene, alpha		0			0	FLA	4		0	0	
Cryptoxanthin, beta		0			0	FLA	4		0	0	
Vitamin A, IU	<u>IU</u>	0			0	FLA	4		0	0	
Lycopene	µg	0			0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0			0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.0	0		0	FLA	4		0.00	0.00	
Vitamin E, added	mg	0.0	0		0	NR	4		0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		0.0			0		7		0.0	0.0	
Vitamin D (D2 + D3)		0.0			0	Z Z	7		0.0	0.0	
Vitamin D		0.0			0	Z FLA	4		0.0	0.0	
Vitamin K (phylloquinone) Dihydrophylloquinone		0.0			J	LUM	*		0.0	0.0	
	µg µg										

	Amount in			ble portion		Amount in edible portion of common measures of food		
		Num be		Source Co		<u></u>	easures or roc	<u> </u>
Nutrients and Units	Mean Std. Er	of Data ror Points			Code	Measure 1	Measure 2	Measure 3

Lipids:	0.000	0	FLA	4		0.000	0.000	
Fatty acids, total saturated	0.000	0	FLA	4		0.000	0.000	
6:0g	0.000	0	FLA	4		0.000	0.000	
8:0g	0.000	0	FLA	4		0.000	0.000	
8:0g 10:0g	0.000	0	FLA	4		0.000	0.000	
12:0	0.000	0	FLA	4		0.000	0.000	
12:0g 13:0g	0.000	U	FLA	4		0.000	0.000	
14:0g	0.000	0	FLA	4		0.000	0.000	
15:0g	0.000	U	FLIA	-		0.000	0.000	
16:0g	0.000	0	FLA	4		0.000	0.000	
17:0g	0.000	U	FLIA	-		0.000	0.000	
17:0g 18:0	0.000	0	FLA	4		0.000	0.000	
20:0g	0.000	Ū	LUN	*		0.000	0.000	
20:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	FLA	4		0.000	0.000	
14:1g	0.000	· ·		-		0.000	0.000	
15:1								
16:1 undifferentiated	0.000	0	FLA	4		0.000	0.000	
17:1	0.000	· ·		-		0.000	0.000	
18:1 undifferentiated	0.000	0	FLA	4		0.000	0.000	
20:1g	0.000	0	FLA	4		0.000	0.000	
22:1 undifferentiated	0.000	0	FLA	4		0.000	0.000	
24:1 cg	3,555	·		-		0.000	******	
Fatty acids, total polyunsaturated	0.000	0	FLA	4		0.000	0.000	
18:2 undifferentiated	0.000	0	FLA	4		0.000	0.000	
18:3 undifferentiated	0.000	0	FLA	4		0.000	0.000	
18:4g	0.000	0	FLA	4		0.000	0.000	
20:2 n-6 c,cg		_		-				
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	FLA	4		0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLA	4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	FLA	4		0	0	
Phytosterolsmg								
•								
Others:		_				•		
Alcohol, ethyl	0.0	0	FLA	4		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	

Common Measures:

Measure 1 = 1.0g: 1 serving 1 packet

Measure 2 = 0.8g: 1 serving 1 packet SUGAR TWIN

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

McNeil Nutritionals/McNeil_PPC, Inc.

Refuse:0%

		Amount in	100 grams	oreal	ne porti	<u> </u>	Amount in edible portion of common		
			Number	•			<u>m</u>	easures of fo	<u>od</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean Std. Eri	or Points	Code	Code	Code	Measure 1	Measure 2	Measure :
Hatricitis and Si		mean ota. E1	O 1				incusure i	medsure 2	in cusure v
Proximates:									
Water	g	8.83	1	A	1		0.09		
Energy		336	0	NC	4		3		
Energy	kJ	1404	0	NC	4		14		
Protein (N x 6.25)		0.00	0	0	4		0.00		
Total lipid (fat)		0.00	1	A	1		0.00		
Ash		0.00	0	NR	4		0.00		
Carbohydrate, by difference (1)	g	91.17	0	NC	4		0.91		
Fiber, total dietary		0.0	0	BFZN	4		0.0		
Sugars, total (2)		80.33	0	NR	4		0.80		
Starch		9.64	1	A	1		0.10		
Minerals:									
Calcium, Ca	-	0	1	A	1		0		
Iron, Fe	-	0.00	1	A	1		0.00		
Magnesium, Mg		0	1	A	1		0		
Phosphorus, P		0	1	A	1		0		
Potassium, K	-	4	1	A	1		0		
Sodium, Na	-	0	1	A	1		0		
Zinc, Zn	-	0.00	1	A	1		0.00		
Copper, Cu		0.000	1	A	1		0.000		
Manganese, Mn	-	0.000	1	A	1		0.000		
Selenium, Se	µg	0.0	0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	FLA	4		0.0		
Thiamin	mg	0.000	0	FLA	4		0.000		
Riboflavin	mg	0.000	0	FLA	4		0.000		
Niacin	mg	0.000	0	FLA	4		0.000		
Pantothenic acid	mg	0.000	0	FLA	4		0.000		
Vitamin B-6	mg	0.000	0	FLA	4		0.000		
Folate, total	µg	0	0	FLA	4		0		
Folic acid	µg	0	0	FLA	4		0		
Folate, food	µg	0	0	FLA	4		0		
Folate, DFE	µg	0	0	NC	4		0		
Choline, total	mg	0.0	0	Z	7		0.0		
Betaine	mg								
Vitamin B-12	µg	0.00	0	FLA	4		0.00		
Vitamin B-12, added	µg	0.00	0	NR	4		0.00		
Vitamin A, RAE	µg	0	0	NC	4		0		
Retinol	µg	0	0	FLA	4		0		
Carotene, beta	µg	0	0	FLA	4		0		
Carotene, alpha		0	0	FLA	4		0		
Cryptoxanthin, beta		0	0	FLA	4		0		
Vitamin A, IU		0	0	FLA	4		0		
Lycopene		0	0	FLA	4		0		
Lutein + zeaxanthin		0	0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.00	0	FLA	4		0.00		
Vitamin E, added		0.00	0	NR	4		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta	-								
Tocotrienol, gamma	-								
Tocotrienol, delta		0 0	^		7		0.0		
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D		0	0	Z	7		0		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.0	0	FLA	4		0.0		
	ud								

Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Nutrients Nutrients		Amount in			ble portion	Amount in edible portion of common measures of food		
Nutrients and Units Mean Std. Error Points Code Code Code Code Measure 1 Measure 2 Measure 3			Number		_	 <u> </u>	easures or loc	<u> </u>
Faty acids, total saturated	Nutrients and Units	Mean Std. En				 Measure 1	Measure 2	Measure 3
Fatly acids, total saturated								
4-0.								
60	•							
8-0	<u> </u>							
100			-					
12.0.			•		-			
13-0	-							
140	•	0.000	0	FLA	4	0.000		
15:0.								
16:0		0.000	0	FLA	4	0.000		
17-0			•					
18.0		0.000	O	FLA	4	0.000		
20:0	-		•					
22:0		0.000	0	FLA	4	0.000		
Patry acids, total monounsaturated								
Fatty acids, total monounsaturated. 9 0.000 0 FLA 4 0.000 14:1								
14-1		0.000	•		4	0.000		
15:1		0.000	U	FLA	4	0.000		
16:1 undifferentiated								
17:1		0.000	0	TET A	4	0 000		
18:1 undifferentiated	-	0.000	U	FLA	4	0.000		
20:1		0.000	0	מ דים	4	0 000		
22:1 undifferentiated 9 0.000 0 FLA 4 0.000 24:1 c 9 Fatty acids, total polyunsaturated 9 0.000 0 FLA 4 0.000 18:2 undifferentiated 9 0.000 0 FLA 4 0.000 18:3 undifferentiated 9 0.000 0 FLA 4 0.000 18:4 9 0.000 0 FLA 4 0.000 18:4 9 0.000 0 FLA 4 0.000 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.000 0 FLA 4 0.000 20:5 n-3 (EPA) 9 0.000 0 FLA 4 0.000 21:5 9 22:4 9 0.000 0 FLA 4 0.000 21:5 9 0.000 0 FLA 4 0.000 22:5 n-3 (DPA) 9 0.000 0 FLA 4 0.000 22:5 n-3 (DPA) 9 0.000 0 FLA 4 0.000 22:6 n-3 (DHA) 9 0.000 0 FLA 4 0.000 Fatty acids, total trans 9 0.000 0 FLA 4 0.000 Fatty acids, total trans 9 0.000 0 FLA 4 0.000 Phytosterol mg 0 0.000 0 FLA 4 0.000 Phytosterol mg 0 0.000 0 FLA 4 0.000 Phytosterol mg 0 0.000 0 FLA 4 0.000								
24:1 c			-					
Fatty acids, total polyunsaturated		0.000	U	FLIA	-	0.000		
18:2 undifferentiated. 9	-	0 000	0	ET.A	4	0 000		
18:3 undifferentiated								
18:4								
20:2 n-6 c,c								
20:3 undifferentiated	-	0.000	· ·		•	0.000		
20:4 undifferentiated g 0.000 0 FLA 4 0.000 20:5 n-3 (EPA) g 0.000 0 FLA 4 0.000 21:5 g 22:4 g 22:5 n-3 (DPA) g 0.000 0 FLA 4 0.000 22:6 n-3 (DHA) g 0.000 0 FLA 4 0.000 Fatty acids, total trans g Cholesterol mg 0 0 FLA 4 0 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 FLA 4 0.0								
20:5 n-3 (EPA)		0.000	0	FLA	4	0.000		
21:5								
22:4	. ,	***************************************	· ·		-	0.000		
22:5 n-3 (DPA)								
22:6 n-3 (DHA) .9 0.000 0 FLA 4 0.000 Fatty acids, total trans .9 0 0 FLA 4 0 Cholesterol .mg 0 0 FLA 4 0 Phytosterols .mg Others: Alcohol, ethyl .g 0.0 0 FLA 4 0.0	-	0.000	0	FLA	4	0.000		
Fatty acids, total trans								
Cholesterol								
Others: Alcohol, ethyl. 9 0.0 0 FLA 4 0.0		0	0	FLA	4	0		
Alcohol, ethyl	-	-	-			-		
Alcohol, ethyl	Others:							
-		0.0	0	FLA	4	0.0		
• • • • • • • • • • • • • • • • • • • •		0	0	FLA		0		
Theobrominemg 0 0 FLA 4 0			0					

Common Measures:

Measure 1 = 1.0g: 1 serving 1 packet

Footnotes:

- 1 Adjusted. Subtracted non-digestible, non-caloric sucralose.
- Sucralose not included.

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.68

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				m	easures of fo	od_
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Hatt forms and G		ou.i	ota: 2 : 0:					mousure :		mododi o c
Proximates:										
Water	g	26.00)	1		1		5.46		
Energy	kcal	269		0	NC	4		57		
Energy	kJ	1126		0	NC	4		236		
Protein (N x 6.25)		0.00)	1		1		0.00		
Total lipid (fat)	g	0.00)	1		1		0.00		
Ash	g	0.86	5	0	0	4		0.18		
Carbohydrate, by difference	g	73.14	1	0	NC	4		15.36		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total		73.20)	0	NR	4		15.37		
Starch										
Minerals:										
Calcium, Ca	mg	13		1		1		3		
Iron, Fe	-	3.60)	1		1		0.76		
Magnesium, Mg	mg	10		1		1		2		
Phosphorus, P		8		1		1		2		
Potassium, K	mg	63		1		1		13		
Sodium, Na	mg	58		1		1		12		
Zinc, Zn	mg	0.19	•	1		1		0.04		
Copper, Cu	mg	0.02	20	1		1		0.004		
Manganese, Mn	mg									
Selenium, Se	µg	0.7		0	BFSN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0		
Thiamin	_	0.13	30	1		1		0.027		
Riboflavin		0.06		1		1		0.013		
Niacin	-	0.10		1		1		0.021		
Pantothenic acid	-									
Vitamin B-6		0.00	00	0		4		0.000		
Folate, total	-	0		0		4		0		
Folic acid		0		0	NR	4		0		
Folate, food		0		0		4		0		
Folate, DFE		0		0	NC	4		0		
Choline, total										
Betaine	mg									
Vitamin B-12	μg	0.00)	0		7		0.00		
Vitamin B-12, added	µg	0.00)	0	NR	4		0.00		
Vitamin A, RAE	µg	0		0	NC	4		0		
Retinol	µg	0		0	NR	4		0		
Carotene, beta	µg	0		0	NR	4		0		
Carotene, alpha	µg	0		0	NR	4		0		
Cryptoxanthin, beta	µg	0		0	NR	4		0		
Vitamin A, IU	<u>IU</u>	0		1		1		0		
Lycopene	µg	0		0	NR	4		0		
Lutein + zeaxanthin	µg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00)	0	NR	4		0.00		
Vitamin E, added	<u>mg</u>	0.00)	0	NR	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0		0	NR	4		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	NR	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	ua									

	<u>Am</u>	ount in 10	00 grams	of edi	Amount in edible portion of common				
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.00	0	1		1		0.000		
4:0g	0.00	0	0		4		0.000		
6:0g	0.00	0	0		4		0.000		
8:0g	0.00	0	0		4		0.000		
10:0g	0.00	0	0		4		0.000		
12:0g	0.00	0	0		4		0.000		
13:0g									
14:0g	0.00	0	0		4		0.000		
15:0g									
16:0g	0.00	0	0		4		0.000		
17:0g									
18:0g	0.00	0	0		4		0.000		
20:0g									
22:0g									
24:0g	0.00	•	0		4		0.000		
Fatty acids, total monounsaturatedg	0.00	U	U		4		0.000		
14:1g									
15:1	0.00	^	0		4		0.000		
17:1g	0.00	U	U		*		0.000		
18:1 undifferentiated	0.00	0	0		4		0.000		
20:1g	0.00		0		4		0.000		
22:1 undifferentiatedg	0.00		0		4		0.000		
24:1 cg	0.00	•	·		-		0.000		
Fatty acids, total polyunsaturatedg	0.00	0	0		4		0.000		
18:2 undifferentiatedg	0.00		0		4		0.000		
18:3 undifferentiatedg	0.00		0		4		0.000		
18:4g	0.00		0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	0	0		4		0.000		
20:5 n-3 (EPA)g	0.00	0	0		4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0		4		0.000		
22:6 n-3 (DHA)g	0.00	0	0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		1		1		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	NR	4		0		
Theobrominemg	0		0	NR	4		0		

Common Measures:

Measure 1 = 21g: 1 serving

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.68

Food Group: 19 Sweets

		Amount in 1	00 grams	of edi	ble portion	<u>n</u>	Amount in e	dible portion	of common
			Number	r				easures of fo	
					Source C	onfidence			
Nutrients and	Units	Mean Std. Erro				Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		31.92	0	FLC	4		6.38		
Energy		269	0	NC	4		54		
Energy		1125	0	NC	4		225		
Protein		0.00	0	ГC	8		0.00		
Total lipid (fat)	=	0.00	0	ГC	8		0.00		
Ash		0.87	0	FLC	4		0.17		
Carbohydrate, by difference		67.21	0	NC	4		13.44		
Fiber, total dietary		0.0	0	ГC	8		0.0		
Sugars, total		60.00	0	LC	8		12.00		
Sucrose	g	59.86	0	FLC	4		11.97		
Glucose (dextrose)	g	0.00	0	FLC	4		0.00		
Fructose	g	0.00	0	FLC	4		0.00		
Lactose		0.00	0	FLC	4		0.00		
Maltose		0.00	0	FLC	4		0.00		
Galactose		0.00	0	FLC	4		0.00		
Starch									
Minerals:									
Calcium, Ca	-	0	0	LC	8		0		
Iron, Fe	mg	0.00	0	LC	8		0.00		
Magnesium, Mg	mg	40	0	FLC	4		8		
Phosphorus, P		58	0	FLC	4		12		
Potassium, K		122	0	FLC	4		24		
Sodium, Na		150	0	LC	8		30		
Zinc, Zn		0.55	0	FLC	4		0.11		
Copper, Cu		0.308	0	FLC	4		0.062		
Manganese, Mn Selenium, Se		0.308 1.5	0	FLC FLC	4 4		0.062 0.3		
Vitamins:		270	·		-				
Vitamin C, total ascorbic acid	ma	0.0	0	FLC	4		0.0		
Thiamin	-	0.006	0	FLC	4		0.001		
Riboflavin	-	0.031	0	FLC	4		0.001		
Niacin	_	0.173	0	FLC	4		0.035		
Pantothenic acid	-	0.020	0	FLC	4		0.004		
Vitamin B-6		0.009	0	FLC	4		0.002		
Folate, total		3	0	FLC	4		1		
Folic acid		0	0	FLC	4		0		
Folate, food		3	0	FLC	4		1		
Folate, DFE		3	0	NC	4		1		
Choline, total	· -	0.9	0	FLC	4		0.2		
Betaine	-	0.0	0	FLC	4		0.0		
Vitamin B-12	-	0.00	0	FLC	4		0.00		
Vitamin B-12, added		0.00	0	FLC	4		0.00		
Vitamin A, RAE		0	0	NC	4		0		
Retinol		0	0	FLC	4		0		
Carotene, beta		0	0	FLC	4		0		
Carotene, alpha		0	0	FLC	4		0		
Cryptoxanthin, beta		0	0	FLC	4		0		
Vitamin A, IU		0	0	LC	8		0		
Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin		3	0	FLC	4		1		
Vitamin E (alpha-tocopherol)		0.01	0	FLC	4		0.00		
Vitamin E, added		0.00	0	FLC	4		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Tocotrienol, gamma.....mg Tocotrienol, delta.....mg Vitamin D (D2 + D3)......µg 0.0 0 FLC 4 0.0 Vitamin D.....IU 0 FLC 4 Vitamin K (phylloquinone)......µg 0.2 0 FLC 4 0.0 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.000 0 NC 4 0.000 0.000 0 FLC 0.000 4 4:0.....g 6:0.....g 0.000 0 FLC 4 0.000 0.000 0 FLC 4 0.000 8:0.....g 10:0.....g 0.000 0 FLC 4 0.000 0.000 FLC 0.000 12:0 a 4 13:0.....g 0.000 FLC 0.000 14:0.....g 15:0.....g 16:0.....g 0.000 FLC 0.000 17:0.....g 0.000 0 FLC 4 0.000 20:0.....g 22:0.....g 24:0......g Fatty acids, total monounsaturated......g 0.000 0 NC 4 0.000 14:1.....g 16:1 undifferentiated......g 0.000 0 FLC 4 0.000 17:1.....g 18:1 undifferentiated......g 0.000 0 FLC 4 0.000 0.000 0.000 0 FLC 20:1.....g 4 0.000 0 FLC 4 0.000 22:1 undifferentiated......g 24:1 c.....g Fatty acids, total polyunsaturated......g 0.000 0 NC 4 0.000 18:2 undifferentiated......g 0.000 0 FLC 4 0.000 18:3 undifferentiated......g 0.000 0 FLC 4 0.000 18:4.....g 0.000 FLC 4 0.000 20:2 n-6 c,c....g 20:3 undifferentiated......g 0.000 0 FLC 20:4 undifferentiated......g 4 0.000 20:5 n-3 (EPA).....g 0.000 FLC 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 FLC 0.000 22:6 n-3 (DHA).....g 0.000 0 FLC 4 0.000 Fatty acids, total trans.....g Cholesterol....mg 0 0 FLC 4 0 Phytosterols.....mg 0 FLC 4 Amino Acids: Tryptophan......g 0.023 0 0.005 FLC 4 Threonine.....g 0.062 0 FLC 4 0.012 0.060 FLC 0.012 Isoleucine.....g 0 4 0.094 0 FLC 0.019 Leucine.....g 0.078 0 FLC 4 0.016 Lysine....g 0.016 0 FLC 4 0.003 Methionine.....g 0.019 0 FLC 0.004 Cystine.....g 0.075 0 FLC 0.015 Phenylalanine.....g 0.058 0 FLC Tyrosine.....g 4 0.012 0.093 0 FLC 4 0.019 Valine.....g FLC Arginine......g 0.088 0 4 0.018 0.027 0 FLC 4 0.005 Histidine.....g 0 FLC 0.072 4 0.014 Alanine.....g 0.155 0 FLC 4 0.031 Aspartic acid......g 0.234 FLC 0.047 4

	Amount in 1	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Glycineg	0.070	0	FLC	4		0.014		
Prolineg	0.067 0.067	0	FLC FLC	4 4		0.013 0.013		
Serineg Hydroxyprolineg	0.067	U	FLC	*		0.013		
Others:								
Alcohol, ethyl	0.0	0	FLC	4		0.0		
Caffeinemg	18	0	FLC	4		4		
Theobrominemg	163	0	FLC	4		33		

Common Measures:

Measure 1 = 20g: 1 tablespoon

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Alliou	111 111 100	grains	or ear	ole porti	<u> </u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of fo	od	
						Source	Confidence				
Nutrients and Un	vite	Mean Sto	d. Error				Code	Measure 1	Measure 2	Measure	
Nutrients and on	iits	Weall St	u. 🗀 i Oi					Weasure i	Wedsule 2	Weasure	
Proximates:											
Water	g	34.82		0	FLC	4		6.96			
Energy	kcal	261		0	FLC	4		52			
Energy		1090		0	FLC	4		218			
Protein		0.00		0	FLC	4		0.00			
Total lipid (fat)		0.02		0	FLC	4		0.00			
Ash	-	0.06		0	FLC	4		0.01			
Carbohydrate, by difference	_	65.10		0	FLC	4		13.02			
Fiber, total dietary		0.0		0	FLC	4		0.0			
Sugars, total		65.00		0	FLC	4		13.00			
Starch											
S											
Minerals:											
Calcium, Ca	<u>m</u> g	0		0	LC	8		0			
Iron, Fe	-	0.03		0	FLC	4		0.01			
Magnesium, Mg		1		0	FLC	4		0			
Phosphorus, P		0		0	FLC	4		0			
Potassium, K	_	1		0	FLC	4		0			
Sodium, Na	-	0		0	LC	8		0			
Zinc, Zn	-	0.06		0	FLC	4		0.01			
Copper, Cu		0.007		0	FLC	4		0.001			
Manganese, Mn		0.002		0	FLC	4		0.000			
Selenium, Se	µg	0.4		0	FLC	4		0.1			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4		0.0			
Thiamin	_	0.007		0	FLC	4		0.001			
Riboflavin		0.011		0	FLC	4		0.002			
Niacin	-	0.000		0	FLC	4		0.000			
Pantothenic acid	-	0.000		0	FLC	4		0.000			
Vitamin B-6	_	0.000		0	FLC	4		0.000			
Folate, total	-	0		0	FLC	4		0			
Folic acid		0		0	FLC	4		0			
Folate, food		0		0	FLC	4		0			
Folate, DFE		0		0	NC	4		0			
Choline, total		0.0		0	FLC	4		0.0			
Betaine	-			•		-					
Vitamin B-12		0.00		0	FLC	4		0.00			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	FLC	4		0			
Carotene, beta		0		0	FLC	4		0			
		0		0	FLC	4		0			
Carotene, alpha Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		0		0	FLC	4		0			
Lycopene		0		0	FLC	4		0			
LycopeneLutein + zeaxanthin		0		0	FLC	4		0			
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00			
Vitamin E, added		0.00		0	FLC	4		0.00			
Tocopherol, beta		3.00		J	110	•		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0			
Vitamin D		0		0	FLC	4		0			
Vitamin D Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0			
		3.0		U	I IIC	-		0.0			
Dihydrophylloquinone Menaquinone-4											

	<u>Am ou</u>	nt in 100 gram	s of edi	<u>n</u>	Amount in edible portion of common			
		Num be	r			<u>m</u>	easures of fo	od_
		of Data	a Deriv	Source (Confidence			
Nutrients and Units	Mean St	d. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	FLC	4		0.000		
4:0g	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g		_		_				
14:0g	0.000	0	FLC	4		0.000		
15:0g		_		_				
16:0g	0.000	0	FLC	4		0.000		
17:0g		_		_				
18:0g	0.000	0	FLC	4		0.000		
20:0g								
22:0g								
24:0g	0.000	•	== 0					
Fatty acids, total monounsaturated9	0.000	0	FLC	4		0.000		
14:1g								
15:1g	0.000	•	== 0			0.000		
16:1 undifferentiatedg	0.000	0	FLC	4		0.000		
17:1	0.000	0	FLC	4		0.000		
	0.000	0	FLC	4		0.000		
20:1g		-				0.000		
22:1 undifferentiatedg 24:1 cg	0.000	0	FLC	4		0.000		
	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.000	0	FLC	4		0.000		
18:3 undifferentiatedg	0.000	0	FLC	4		0.000		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c.cg	0.000	U	FLC	4		0.000		
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
20:5 II-5 (EPA)	0.000	· ·	FLC	-		0.000		
21:3g 22:4g								
22:4g 22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total trans	0.000	· ·	FIIC	*		0.000		
Cholesterolmg	0	0	FLC	4		0		
Phytosterolsmg	· ·	ŭ	120	-		Ü		
•								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 20g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Menaquinone-4......µg

Lipids:

		<u>Am</u>	ount in 10	0 grams	s of edi	ble portion	<u>1</u>	Amount in edible portion of common			
				Num be	r				easures of fo		
						Source C	onfidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	32.1	5 0	150 90	A	1		25.72			
Energy	-	270		0	NC	4		216			
Energy		1128		0	NC	4		902			
Protein (N x 6.25)		0.0	0	1	A	1		0.00			
Total lipid (fat)		0.0		1	A	1		0.00			
Ash		0.4		0	T	4		0.38			
	-	67.3		0	NC	4		53.90			
Carbohydrate, by difference		0.0		0	T	4		0.0			
Fiber, total dietary											
Sugars, total		59.9		0	T	4		47.94			
Sucrose		58.9		780 90	A	1		47.14			
Glucose (dextrose)		0.6		050 90	A	1		0.52			
Fructose	g	0.3		050 90	A	1		0.27			
Lactose	g	0.0		0	Z	7		0.00			
Maltose	g	0.0	0	0	Z	7		0.00			
Galactose	g	0.0	0	0	Z	7		0.00			
Starch											
Minerals:											
Calcium, Ca	mg	109	2.	000 600	A	1		87			
Iron, Fe	-	0.1	1	1	A	1		0.09			
Magnesium, Mg	-	21	2.	728 600	A	1		17			
Phosphorus, P											
Potassium, K		225	8.	900 90	A	1		180			
Sodium, Na	-	9	3.	000 13	A	1		7			
Zinc, Zn	-	0.7	0 0.	020 600	A	1		0.56			
Copper, Cu											
Manganese, Mn		2.3	00 0.	050 600	A	1		1.840			
Selenium, Se											
¥7*4											
<u>Vitamins:</u>					_						
Vitamin C, total ascorbic acid	-	0.0		0	T	4		0.0			
Thiamin	-	0.0		060 90	A	1		0.053			
Riboflavin	-	1.2		450 90	A	1		1.016			
Niacin	-	0.0	81 0.	002 90	A	1		0.065			
Pantothenic acid	-										
Vitamin B-6	-										
Folate, total											
Folate, DFE											
Choline, total											
Betaine			•		_	_					
Vitamin B-12		0.0	U	0	z	7		0.00			
Vitamin A, RAE		0		0	T	4		0			
Vitamin A, IU		0		0	Z	7		0			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µg										

	<u>An</u>	nount in 10	0 grams	of edi	Amount in edible portion of common				
			Num be r				measures of food		
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Emperide total arrando									
Fatty acids, total saturated									
Fatty acids, total polyunsaturatedg									
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg									
Caffeinemg	0		0	Z	7		0		
Theobrominemg									

Common Measures:

Measure 1 = 80g: 60 milliliter

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19345 Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup Hershey Food Corp.

Refuse:0%

		An	nount in 10	u gram s	or edil	oie portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
				of Data	Deriv	Source (Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	62.1	.6	0	FLM	4		21.76			
Energy		153		0	NC	4		53			
Energy		638		0	NC	4		223			
Protein		1.4	10	0	FLM	4		0.49			
Total lipid (fat)		0.9	7	0	FLM	4		0.34			
Ash		0.9		0	FLM	4		0.32			
Carbohydrate, by difference	_	34.5		0	NC	4		12.10			
Fiber, total dietary		0.0		1	LC	8		0.0			
Sugars, total		28.5		1	LC	8		10.00			
Starch		2010	•	_	0	·		20000			
Starcii	9										
Minerals:											
Calcium, Ca	<u>mg</u>	11		1	MA	12		4			
Iron, Fe	_	0.0	00	1	MA	12		0.00			
Magnesium, Mg	mg	36		0	FLM	4		13			
Phosphorus, P		54		0	FLM	4		19			
Potassium, K		187		0	FLM	4		65			
Sodium, Na	_	100		1	LC	8		35			
Zinc, Zn	_	0.4		0	FLM	4		0.17			
Copper, Cu		0.2		0	FLM	4		0.096			
Manganese, Mn		0.2		0	FLM	4		0.097			
Selenium, Se	µg	1.2	?	0	FLM	4		0.4			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0)	1	LC	8		0.0			
Thiamin	_	0.0		0	FLM	4		0.003			
Riboflavin	_	0.0		0	FLM	4		0.014			
Niacin	_	0.1		0	FLM	4		0.062			
Pantothenic acid	_	0.0		0	FLM	4		0.007			
Vitamin B-6	_	0.0		0	FLM	4		0.003			
Folate, total	_	2		0	FLM	4		1			
Folic acid		0		0	FLM	4		0			
Folate, food		2		0	FLM	4		1			
Folate, DFE		2		0	NC	4		1			
Choline, total		0.8	3	0	FLM	4		0.3			
Betaine	_										
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.0	0	0	FLM	4		0.00			
Vitamin B-12, added		0.0		0	FLM	4		0.00			
Vitamin A, RAE		0		0	FLM	4		0			
Retinol		0		0	FLM	4		0			
Carotene, beta		0		0	FLM	4		0			
Carotene, alpha		0		0	FLM	4		0			
Cryptoxanthin, beta		0		0	FLM	4		0			
Vitamin A, IU		0		1	LC	8		0			
Lycopene		0		0	FLM	4		0			
Lutein + zeaxanthin		3		0	FLM	4		1			
Vitamin E (alpha-tocopherol)		0.0)1	0	FLM	4		0.00			
Vitamin E, added		0.0		0	FLM	4		0.00			
Tocopherol, beta		3.0	-	-		-					
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	_										
Vitamin D (D2 + D3)		0.0)	0	z	7		0.0			
Vitamin D		0		0	z	7		0			
Vitamin K (phylloquinone)		0.2	2	0	FLM	4		0.1			
Dihydrophylloquinone				-		-					
Menaquinone-4											

	Amount in	100 grams	of edi	Amount in edible portion of common measures of food				
		Num be	r					
					Confidence			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	0.000	1	LC	8		0.000		
4:0g	0.000	0	FLM	4		0.000		
6:0g	0.000	0	FLM	4		0.000		
8:0g	0.000	0	FLM	4		0.000		
10:0g	0.000	0	FLM	4		0.000		
12:0g	0.000	0	FLM	4		0.000		
13:0g								
14:0g	0.000	0	FLM	4		0.000		
15:0g								
16:0g	0.000	0	FLM	4		0.000		
17:0g								
18:0g	0.000	0	FLM	4		0.000		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	FLM	4		0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	FLM	4		0.000		
17:1g								
18:1 undifferentiatedg	0.000	0	FLM	4		0.000		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg	0.000	0						
Fatty acids, total polyunsaturatedg	0.000 0.000	0	FLM	4		0.000		
18:2 undifferentiated	0.000	0	FLM FLM	4				
18:3 undifferentiatedg	0.000	0	FLM	4		0.000		
18:4g	0.000	U	FLM	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3 (EPA)	0.000	0	FLM	4		0.000		
21:5	0.000	Ū	гши	-		0.000		
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000		
22:6 n-3 (DHA)9	0.000	0	FLM	4		0.000		
Fatty acids, total trans	,,,,,	J		-		0.000		
Cholesterolmg	0	1	LC	8		0		
Phytosterolsmg	-	_		-		-		
Others:								
Alcohol, ethylg	0.0	0	FLM	4		0.0		
Caffeinemg	6	0	FLM	4		2		
Theobrominemg	195	0	FLM	4		68		

Common Measures:

Measure 1 = 35g: 2 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

Refuse:0%

		<u>An</u>	ount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				•	easures of fo		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Drovimotos											
Proximates: Water	g	78.8	9	0	FLC	4		27.61			
Energy		43		0	MC	9		15			
Energy		179		0	MC	9		63			
Protein (N x 6.25)		2.8	17	0	MC	9		1.00			
Total lipid (fat)		2.0	3	0	FLC	4		0.71			
Ash		1.8	10	0	NR	4		0.63			
Carbohydrate, by difference	g	14.2	10	0	MC	9		4.97			
Fiber, total dietary		2.9	1	0	MC	9		1.0			
Sugars, total	g	0.2	:7	0	FLC	4		0.10			
Starch	g	0.0	0	0	FLC	4		0.00			
Manager											
Minerals:	ma e:			_		•		•			
Calcium, Ca	-	0 2.0	.6	0	MC	9		0 0.72			
Iron, Fe		2.0 74	0	0	MC FLC	9 4		0.72 26			
Magnesium, Mg Phosphorus, P		113		0	FLC	4		26 39			
Potassium, K		388		0	FLC	4		136			
Sodium, Na		343		0	MC	9		120			
Zinc, Zn		0.9	9	0	FLC	4		0.35			
Copper, Cu	-	0.5	65	0	FLC	4		0.198			
Manganese, Mn		0.5	79	0	FLC	4		0.203			
Selenium, Se	µg	2.0)	0	FLC	4		0.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4		0.0			
Thiamin	-	0.0		0	FLC	4		0.006			
Riboflavin	_	0.0		0	FLC	4		0.025			
Niacin	-	0.3		0	FLC	4		0.130			
Pantothenic acid	_	0.0		0	FLC	4		0.014			
Vitamin B-6	-	0.0		0	FLC	4		0.006			
Folate, total	µg	5		0	FLC	4		2			
Folic acid		0		0	FLC	4		0			
Folate, food	µg	5		0	FLC	4		2			
Folate, DFE	µg	5		0	NC	4		2			
Choline, total	mg	1.8	1	0	FLC	4		0.6			
Betaine	-	0.0)	0	FLC	4		0.0			
Vitamin B-12		0.0		0	FLC	4		0.00			
Vitamin B-12, added		0.0	0	0	FLC	4		0.00			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	FLC	4		0			
Carotene, beta		0		0	FLC	4		0			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC MC	4 9		0			
Vitamin A, IU Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		6		0	FLC	4		2			
Vitamin E (alpha-tocopherol)		0.0	2	0	FLC	4		0.01			
Vitamin E, added		0.0		0	FLC	4		0.00			
Tocopherol, beta		3.0		-		=					
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0)	0	FLC	4		0.0			
Vitamin D		0		0	FLC	4		0			
Vitamin K (phylloquinone)		0.4	•	0	FLC	4		0.1			
Dihydrophylloquinone	µg µg										

		<u>Ar</u>	nour	nt in 10	0 grams	of edi	<u>ion</u>	Amount in edible portion of common			
					Number					easures of foo	
							Source	Confidence	_		
Nutrients and Units		Mean	Std	. Error	Points			Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	a	0.7	746		0	FF C	4		0.061		
Fatty acids, total saturated		0.0			0	FLC FLC	4 4		0.261 0.000		
6:0	•	0.0			0	FLC	4		0.000		
8:0		0.0	000		0	FLC	4		0.000		
10:0	g	0.0			0	FLC	4		0.000		
12:0	-	0.0	000		0	FLC	4		0.000		
13:0 14:0	-	0.0	002		0	FLC	4		0.001		
15:0	_	0.0	002		U	FLC	-		0.001		
16:0	-	0.3	346		0	FLC	4		0.121		
17:0	-										
18:0	-	0.3	398		0	FLC	4		0.139		
20:0 22:0	-										
24:0	_										
Fatty acids, total monounsaturated		0.4	428		0	FLC	4		0.150		
14:1	g										
15:1											
16:1 undifferentiated		0.0	000		0	FLC	4		0.000		
17:1	-	0.4	428		0	FLC	4		0.150		
20:1	_	0.0			0	FLC	4		0.000		
22:1 undifferentiated	_	0.0	000		0	FLC	4		0.000		
24:1 c	g										
Fatty acids, total polyunsaturated		0.0			0	FLC	4		0.014		
18:2 undifferentiated	_	0.0			0	FLC FLC	4		0.014		
18:3 undifferentiated	-	0.0			0	FLC	4		0.000		
20:2 n-6 c,c		•••	000		ŭ	110	-		0.000		
20:3 undifferentiated											
20:4 undifferentiated		0.0			0	FLC	4		0.000		
20:5 n-3 (EPA)	_	0.0	000		0	FLC	4		0.000		
21:5 22:4	_										
22:5 n-3 (DPA)		0.0	000		0	FLC	4		0.000		
22:6 n-3 (DHA)	-	0.0			0	FLC	4		0.000		
Fatty acids, total trans	-	0.0	000		0	FLC	4		0.000		
Cholesterol	•	0			0	FLC	4		0		
Phytosterols	mg	0			0	FLC	4		0		
Amino Acids:											
Tryptophan			042		0	FLC	4		0.015		
Threonine	_	0.1			0	FLC	4		0.039		
IsoleucineLeucine	-	0.1	108		0	FLC FLC	4 4		0.038 0.059		
Lysine	_		140		0	FLC	4		0.039		
Methionine		0.0			0	FLC	4		0.010		
Cystine		0.0	034		0	FLC	4		0.012		
Phenylalanine		0.1			0	FLC	4		0.047		
Tyrosine	_	0.1			0	FLC	4		0.037		
Valine	-	0.1			0	FLC FLC	4 4		0.059 0.055		
Histidine		0.0			0	FLC	4		0.033		
Alanine	_	0.1			0	FLC	4		0.045		
Aspartic acid	-	0.2	279		0	FLC	4		0.098		
Glutamic acid		0.4			0	FLC	4		0.147		
Glycine		0.1			0	FLC	4		0.044		
Proline	_	0.1	120 121		0	FLC FLC	4 4		0.042 0.042		
Hydroxyproline		0.1			U	1110	-		0.042		
	5										
Others:	a	0.0	n		0	FLC	4		0.0		
Alcohol, ethyl	=	12			0	FLC	4		0.0 4		
Carrelle	9	12			Ü	2110	-		•		

NDB No. 19916

Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup

	<u>Aı</u>	mount in 10	00 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	407		0	FLC	4		143		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Am	ount in 10	0 grams	of edil	ble portion		Amount in e	dible portion	of common
				Number					easures of foo	
						Source Co	nfidanca			
Nutrients and Un	:40	Maan	Std. Error				Code	Magazira 1	Magazira 2	Massura
Nutrients and Un	its	Mean	Sta. Error	TOILLS	Coue	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		21.8	0	2	A	1		66.27	8.28	
Energy	kcal	350		0	NC	4		1064	133	
Energy	kJ	1465		0	NC	4		4453	557	
Protein (N x 6.25)	g	4.6	0	1	A	1		13.98	1.75	
Total lipid (fat)	g	8.9	0	1	A	1		27.06	3.38	
Ash	-	1.8	0	1	A	1		5.47	0.68	
Carbohydrate, by difference	g	62.9		0	NC	4		191.22	23.90	
Fiber, total dietary	g	2.8		1	A	1		8.5	1.1	
Sugars, total	g	34.8	2	0	FLM	4		105.85	13.23	
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	FLM	4		149	19	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.3	0	0	FLA	4		3.95	0.49	
Magnesium, Mg		48		0	FLM	4		146	18	
Phosphorus, P		97		0	FLM	4		295	37	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	284		0	FLM	4		862	108	
Sodium, Na	-	346 0.8	2	1 0	A FLM	1 4		1052 2.53	131 0.32	
Zinc, Zn Copper, Cu		0.8		0	FLM	4		1.058	0.32	
Manganese, Mn		0.3		0	FLM	4		1.129	0.132	
Selenium. Se	_	2.3		0	FLM	4		7.0	0.9	
/itamins:				·		-		, , ,		
Vitamin C, total ascorbic acid	ma	0.2		0	FLM	4		0.5	0.1	
Thiamin	_	0.0		0	FLM	4		0.103	0.013	
Riboflavin	_	0.0		0	FLM	4		0.276	0.035	
Niacin	_	0.2		0	FLM	4		0.761	0.095	
Pantothenic acid	_	0.1	19	0	FLM	4		0.363	0.045	
Vitamin B-6	mg	0.0	20	0	FLM	4		0.060	0.007	
Folate, total	µg	4		0	FLM	4		13	2	
Folic acid	µg	0		0	FLM	4		0	0	
Folate, food	µg	4		0	FLM	4		13	2	
Folate, DFE	µg	4		0	NC	4		13	2	
Choline, total	mg	5.5		0	0	4		16.7	2.1	
Betaine										
Vitamin B-12		0.0		0	FLM	4		0.18	0.02	
Vitamin B-12, added		0.0	0	0	FLM	4		0.00	0.00	
Vitamin A, RAE		1		0	FLM	4		2	0	
Retinol		0		0	FLM	4		0	0	
Carotene, beta		0		0	FLM FLM	4 4		0	0	
Carotene, alpha		0		0	FLM	4		0	0	
Cryptoxanthin, beta Vitamin A, IU		2		0	FLM	4		6	1	
Lycopene		0		0	FLM	4		0	0	
Lutein + zeaxanthin		4		0	FLM	4		11	1	
Vitamin E (alpha-tocopherol)		2.6	3	0	FLM	4		8.00	1.00	
Vitamin E, added		0.0		0	FLM	4		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				_	_	_				
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		2.5		0	FLM	4		7.6	0.9	
Dihydrophylloquinone	µg µg									

	Amount in	100 grams	of edi	ble portion		Amount in edible portion of common measures of food		
		Number	r			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Err	of Data or Points		Source Conf Code C	idence ode	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	3.980	1	A	1		12.099	1.512	
4:0g	0.000	1	A	1		0.000	0.000	
6:0g	0.000	1	A	1		0.000	0.000	
8:0g	0.018	1	A	1		0.055	0.007	
10:0g	0.047	1	A	1		0.143	0.018	
12:0g	0.056	1	A	1		0.170	0.021	
13:0g								
14:0g	0.237	1	A	1		0.720	0.090	
15:0g								
16:0g	1.801	1	A	1		5.475	0.684	
17:0g								
18:0g	0.756	1	A	1		2.298	0.287	
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	3.857	0		4		11.725	1.466	
14:1g								
15:1g								
16:1 undifferentiatedg	0.067	1	A	1		0.204	0.025	
17:1g								
18:1 undifferentiatedg	3.780	1	A	1		11.491	1.436	
20:1g	0.010	1	A	1		0.030	0.004	
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.278	0		4		0.845	0.106	
18:2 undifferentiatedg	0.249	1	A	1		0.757	0.095	
18:3 undifferentiatedg	0.024	1	A	1		0.073	0.009	
18:4g	0.000	0	FLM	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.005	1	A	1		0.015	0.002	
20:5 n-3 (EPA)g	0.000	0	FLM	4		0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	1	A	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	1	0	FLM	4		2	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLM	4		0.0	0.0	
Caffeinemg	7	0	FLM	4		22	3	
Theobrominemg	247	0	FLM	4		752	94	

Common Measures:

Measure 1 = 304g: 1 cup Measure 2 = 38g: 2 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		Ame	ount in 100 gra	ams o	of edi	ble portion	Amount in edible portion of common			
			Num	ber				easures of fo		
					Deriv	Source Confidence	_			
Nutrients and Un	its	Mean	Std. Error Poi			Code Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	22.01	0.790	6	JO	11	72.19	4.40		
Energy		286		0	NC	4	937	57		
Energy		1195		0	NC	4	3918	239		
Protein (N x 6.25)		0.00		1		4	0.00	0.00		
Total lipid (fat)	g	0.00	0.037	5		1	0.00	0.00		
Ash		0.40	0.074	4		1	1.31	0.08		
Carbohydrate, by difference	g	77.59		0	NC	4	254.50	15.52		
Fiber, total dietary		0.0		0		4	0.0	0.0		
Sugars, total		77.59		0	NR	4	254.50	15.52		
Sucrose										
Glucose (dextrose)										
Fructose										
Lactose										
Maltose										
Galactose										
Starch										
Minerals:										
Calcium, Ca	-	18		1		1	59	4		
Iron, Fe		0.37		1		1	1.21	0.07		
Magnesium, Mg		8		1		1	26	2		
Phosphorus, P		11		1		1	36	2		
Potassium, K		44		1		1	144	9		
Sodium, Na		155		2		1	508	31		
Zinc, Zn		0.04		5		1	0.13	0.01		
Copper, Cu		0.05		5		1	0.174	0.011		
Manganese, Mn		0.10	0.007	5		1	0.328	0.020		
Selenium, Se	µg	2.9		1	ΑI	13	9.5	0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4	0.0	0.0		
Thiamin	mg	0.01	1	2		1	0.036	0.002		
Riboflavin	mg	0.00	9	2		1	0.030	0.002		
Niacin	mg	0.02	0	2		1	0.066	0.004		
Pantothenic acid	mg	0.02	3	2		1	0.075	0.005		
Vitamin B-6	mg	0.00	9	2		1	0.030	0.002		
Folate, total	µg	0		2		1	0	0		
Folic acid	µg	0		0	Z	7	0	0		
Folate, food	µg	0		2		1	0	0		
Folate, DFE	µg	0		0	NC	4	0	0		
Choline, total	mg	13.3		0	0	4	43.5	2.7		
Betaine	mg									
Vitamin B-12		0.00		1		4	0.00	0.00		
Vitamin B-12, added		0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE		0		0	NC	4	0	0		
Retinol	µg	0		0	Z	7	0	0		
Carotene, beta		0		0	NR	4	0	0		
Carotene, alpha		0		0	NR	4	0	0		
Cryptoxanthin, beta		0		0	NR	4	0	0		
Vitamin A, IU		0		1		4	0	0		
Lycopene		0		0	NR	4	0	0		
Lutein + zeaxanthin		0		0	NR	4	0	0		
Vitamin E (alpha-tocopherol)		0.00		0	Z	7	0.00	0.00		
Vitamin E, added	<u>m</u> g	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	ma									

	<u>Am ount</u>	in 100 grams	Amount in edible portion of common					
		N					easures of foo	•
		Number				<u></u>	casares or rec	<u>,, u</u>
					Confidence			
Nutrients and Units	Mean Std. I	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg								
Vitamin D (D2 + D3)µg	0.0	0	z	7		0.0	0.0	
Vitamin D	0	0	Z	7		0	0	
Vitamin K (phylloquinone)µg	0.0	0	Z	7		0.0	0.0	
Dihydrophylloquinoneµg								
Menaquinone-4µg								
Lipids:								
Fatty acids, total saturatedg	0.000	0		7		0.000	0.000	
4:0g	0.000	0		4		0.000	0.000	
6:0g	0.000	0		4		0.000	0.000	
8:0g	0.000	0		4		0.000	0.000	
10:0g	0.000	0		4		0.000	0.000	
12:0g	0.000	0		4		0.000	0.000	
13:0g								
14:0g	0.000	0		4		0.000	0.000	
15:0g								
16:0g	0.000	0		4		0.000	0.000	
17:0g								
18:0g	0.000	0		4		0.000	0.000	
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0		7		0.000	0.000	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	
17:1g		_		_				
18:1 undifferentiatedg	0.000	0		4		0.000	0.000	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg	0.000	0		7		0.000	0.000	
Fatty acids, total polyunsaturated	0.000	0		4		0.000	0.000	
18:2 undifferentiated	0.000	0		4		0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg	0.000	v		-		0.000	0.000	
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0		4		0.000	0.000	
21:5		· ·		-				
22:4g								
22:5 n-3 (DPA)g	0.000	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	1		4		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	z	7		0	0	
Theobrominemg	0	0	z	, 7		0	0	

Common Measures:

Measure 1 = 328g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.68

NDB No. 19349 Syrups, corn, dark

Food Group: 19 Sweets

		<u>Am c</u>	unt in 100 g	ram s	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common
			Nu	m be i	r			m	easures of fo	od
						Source C	onfidence	_		
Nutrients and Ur	nits	Mean S	Std. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:	a	24.00	1.499	6		1		74.40	4.56	
Water	-	24.00	1.433	0	NC	4		871	53	
Energy		1176		0	NC	4		3645	223	
Energy			0 000	-		1				
Protein (N x 6.25)		0.00	0.000			1		0.00	0.00	
Total lipid (fat)	-	0.00	0.000			1		0.00	0.00	
Ash	-	0.00	0.004		, r.a			0.00	0.00	
Carbohydrate, by difference		76.00		0	NC	4		235.60	14.44	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		75.65		0	NR	4		234.52	14.37	
Starch	g									
Minerals: Calcium, Ca	mα	0	0.051	19		1		0	0	
Iron, Fe	_	0.03	0.009			1		0.09	0.01	
Magnesium, Mg		0	0.015			1		0	0	
Phosphorus, P		0	0.015	1		4		0	0	
Potassium, K	_	0	0.005			1		0	0	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	2	0.491			1		6	0	
Zinc, Zn	_	0.02	0.008	19		1		0.06	0.00	
Copper, Cu		0.029	0.005	10		1		0.090	0.006	
Manganese, Mn	mg	0.094	1	1		4		0.291	0.018	
Selenium, Se	µg	0.7		0	BFSN	4		2.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		1		4		0.0	0.0	
Thiamin	_	0.000)	1		4		0.000	0.000	
Riboflavin		0.019		3		1		0.059	0.004	
Niacin	_	0.000	0.000	3		1		0.000	0.000	
Pantothenic acid	_	0.011	L 0.011	3		1		0.034	0.002	
Vitamin B-6	mg	0.000	0.000	3		1		0.000	0.000	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1		4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg	0.0		0	Z	7		0.0	0.0	
Betaine	mg									
Vitamin B-12	µg	0.00		1		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	0		0	NR	4		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	NR	4		0	0	
Vitamin A, IU		0		1		4		0	0	
Lycopene	µg	0		0	NR	4		0	0	
Lutein + zeaxanthin		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	NR	4		0.00	0.00	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				_	_	_		• •		
Vitamin D (D2 + D3)		0.0		0	Z -	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number				m	easures of foo	od .
					Source	Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.00	0	0		1		0.000	0.000	
4:0g	0.00	0	0		4		0.000	0.000	
6:0g	0.00	0	0		4		0.000	0.000	
8:0g	0.00	0	0		4		0.000	0.000	
10:0g	0.00	0	0		4		0.000	0.000	
12:0g	0.00	0	0		4		0.000	0.000	
13:0g									
14:0g	0.00	0	0		4		0.000	0.000	
15:0g									
16:0g	0.00	0	0		4		0.000	0.000	
17:0g									
18:0g	0.00	0	0		4		0.000	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.00	0	0		7		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	
20:1g	0.00	0	0		4		0.000	0.000	
22:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.00	0	0		7		0.000	0.000	
18:2 undifferentiatedg	0.00	0	0		4		0.000	0.000	
18:3 undifferentiatedg	0.00	0	0		4		0.000	0.000	
18:4g	0.00	0	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	0	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	z	7		0	0	
Theobrominemg	0		0	z	7		0	0	

Common Measures:

Measure 1 = 310g: 1 cup Measure 2 = 19g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate 3.7

Food Group: 19 Sweets

		Am	ount in 100	Amount in edible portion of common							
			N	lum ber				measures of food			
						Source Con	fidence				
Nutrients and Un	its	Mean	Std. Error				ode	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	22.8	1	1	A	1		77.78	5.02		
Energy	kcal	283		0	NC	4		964	62		
Energy	kJ	1182		0	NC	4		4032	260		
Protein (N x 6.25)	g	0.0	0	1	A	1		0.00	0.00		
Total lipid (fat)	g	0.2	0	1	A	1		0.68	0.04		
Ash	g	0.2	0	1	A	1		0.68	0.04		
Carbohydrate, by difference	g	76.7	9	0	NC	4		261.85	16.89		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	76.7	7	0	NR	4		261.79	16.89		
Sucrose											
Glucose (dextrose)											
Fructose											
Lactose											
Maltose											
Galactose											
Starch											
	9										
Minerals:											
Calcium, Ca	-	13		1	A	1		45	3		
Iron, Fe		0.0	0	1	A	1		0.00	0.00		
Magnesium, Mg		1		1	A	1		2	0		
Phosphorus, P		0		1	A	1		0	0		
Potassium, K		1		1	A	1		3	0		
Sodium, Na		62		1	A	1		213	14		
Zinc, Zn		0.4		1	A	1		1.50	0.10		
Copper, Cu		0.0		1	A	1		0.000	0.000		
Manganese, Mn		0.0	00	1	A	1		0.000	0.000		
Selenium, Se	µg	0.7		0	BFSN	4		2.4	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0		
Thiamin	mg	0.0	59	1	A	1		0.202	0.013		
Riboflavin	mg	0.0	00	1	A	1		0.000	0.000		
Niacin	mg	0.0	00	1	A	1		0.000	0.000		
Pantothenic acid	mg	0.0	00	1	A	1		0.000	0.000		
Vitamin B-6	mg	0.0	00	1	A	1		0.000	0.000		
Folate, total	µg	0		2		1		0	0		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	0		2		1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total	mg	0.0		0	Z	7		0.0	0.0		
Betaine	mg										
Vitamin B-12	-	0.0	0	1		4		0.00	0.00		
Vitamin B-12, added	µg	0.0	0	0	z	7		0.00	0.00		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	z	7		0	0		
Carotene, beta		0		0	NR	4		0	0		
Carotene, alpha	µg	0		0	NR	4		0	0		
Cryptoxanthin, beta		0		0	NR	4		0	0		
Vitamin A, IU		0		1		4		0	0		
Lycopene		0		0	NR	4		0	0		
Lutein + zeaxanthin	µg	0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.0	0	0	Z	7		0.00	0.00		
Vitamin E, added		0.0	0	0	z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mα										

	<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
			Nives is a m					easures of foo	
			Number		C	Confidence	<u></u>	0404100 0110	<u>, u</u>
						Confidence			
Nutrients and Units	Mean	Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg									
Vitamin D (D2 + D3)µg	0.0		0	z	7		0.0	0.0	
Vitamin DIU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)µg	0.0		0	Z	7		0.0	0.0	
DihydrophylloquinoneU9									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	0.0	00	0		4		0.000	0.000	
4:0g	0.0		0		4		0.000	0.000	
6:0g	0.0		0		4		0.000	0.000	
8:0g	0.0		0		4		0.000	0.000	
10:0g	0.0		0		4		0.000	0.000	
12:0g	0.0		0		4		0.000	0.000	
13:0g									
14:0g	0.0	00	0		4		0.000	0.000	
15:0g									
16:0g	0.0	00	0		4		0.000	0.000	
17:0g									
18:0g	0.0	00	0		4		0.000	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	00	0		4		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	
20:1g	0.0	00	0		4		0.000	0.000	
22:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.0	00	0		4		0.000	0.000	
18:2 undifferentiatedg	0.0	00	0		4		0.000	0.000	
18:3 undifferentiatedg	0.0	00	0		4		0.000	0.000	
18:4g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 341g: 1 cup

Measure 2 = 22g: 1 tbsp

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.68

NDB No. 19350 Syrups, corn, light

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
				Number				m	easures of fo	od
						Source C	onfidence			
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	32.4	0	0		4		6.48	2.17	
Energy		268	•	0	NC	4		54	18	
Energy		1120		0	NC	4		224	75	
Protein (N x 6.25)		0.0	0	0	NC	4		0.00	0.00	
Total lipid (fat)		0.0		0		4		0.00	0.00	
Ash	_	0.6		0	0	4		0.14	0.05	
Carbohydrate, by difference	-	66.9		0	NC	4		13.38	4.48	
Fiber, total dietary		0.0		0	NC	4		0.0	0.0	
Sugars, total		46.5		0	FLC	4		9.31	3.12	
Starch		40.5	3	U	FLC	-		9.31	3.12	
	9									
Minerals:	m a			^		4		1	•	
Calcium, Ca	_	6 0.0	_	0		4 4		1 0.01	0	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0 4	J	0		4		0.01	0.00	
Magnesium, Mg Phosphorus, P		4		0		4		1	0	
Priosphorus, P Potassium, K	_	28		0		4		6	2	
Sodium, Na	•	27		0		4		5	2	
Zinc, Zn	_	0.1	3	0		4		0.03	0.01	
Copper, Cu	-	0.0		0		4		0.005	0.002	
Manganese, Mn				•		-		******	******	
Selenium, Se	_	0.6		0	BFSN	4		0.1	0.0	
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,										
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin	_	0.0		0		4		0.000	0.000	
Riboflavin	_	0.0		0		4		0.002	0.001	
Niacin	_	0.0	00	0		4		0.000	0.000	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-6	_	0.0	00	0		4		0.000	0.000	
Folate, total		0		0	220	4 4		0	0 0	
Folic acid		0		0	BFSN	4		0	0	
Folate, food		0		0	NG	4		0	0	
Folate, DFE		0.0		0	NC Z	4 7		0.0	0.0	
Choline, total		0.0		U	4	,		0.0	0.0	
Betaine Vitamin B-12	_	0.0	0	0		7		0.00	0.00	
Vitamin B-12. added		0.0		0	z	7		0.00	0.00	
Vitamin A, RAE		0.0	O	0	BFSN	4		0	0.00	
Retinol		0		0	BFSN	4		0	0	
Carotene, beta		0		0	BFSN	4		0	0	
Carotene, alpha		0		0	BFSN	4		0	0	
Cryptoxanthin, beta		0		0	BFSN	4		0	0	
Vitamin A, IU		0		0		4		0	0	
Lycopene		0		0	BFSN	4		0	0	
Lutein + zeaxanthin		0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)		0.0	0	0	BFSN	4		0.00	0.00	
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone										

	<u>An</u>	ount in 10	00 grams	Amount in edible portion of common							
			Number					measures of food			
					Source C	Confidence					
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3		
Lipids:											
Fatty acids, total saturatedg	0.0	00	0		4		0.000	0.000			
4:0g	0.0		0		4		0.000	0.000			
6:0g	0.0		0		4		0.000	0.000			
8:0g	0.0		0		4		0.000	0.000			
10:0g	0.0		0		4		0.000	0.000			
12:0.	0.0		0		4		0.000	0.000			
13:0g			•		-						
14:0g	0.0	00	0		4		0.000	0.000			
15:0g			_		_						
16:0g	0.0	00	0		4		0.000	0.000			
17:0			_		_						
18:0g	0.0	00	0		4		0.000	0.000			
20:0			•		-						
22:0g											
24:0											
Fatty acids, total monounsaturatedg	0.0	00	0		4		0.000	0.000			
14:1g											
15:1g											
16:1 undifferentiated	0.0	00	0		4		0.000	0.000			
17:1g											
18:1 undifferentiated	0.0	00	0		4		0.000	0.000			
20:1g	0.0		0		4		0.000	0.000			
22:1 undifferentiatedg	0.0		0		4		0.000	0.000			
24:1 c											
Fatty acids, total polyunsaturated	0.0	00	0		4		0.000	0.000			
18:2 undifferentiated	0.0	00	0		4		0.000	0.000			
18:3 undifferentiated	0.0		0		4		0.000	0.000			
18:4g	0.0	00	0		4		0.000	0.000			
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.0	00	0		4		0.000	0.000			
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000			
21:5g											
22:4g											
22:5 n-3 (DPA)g	0.0	00	0		4		0.000	0.000			
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000			
Fatty acids, total transg											
Cholesterolmg	0		0	z	7		0	0			
Phytosterolsmg											
Others:											
Alcohol, ethylg	0.0)	0	Z	7		0.0	0.0			
Caffeinemg	0		0	Z	7		0	0			
Theobrominemg	0		0	Z	7		0	0			

Common Measures:

Measure 1 = 20g: 1 tbsp Measure 2 = 6.7g: 1 tsp

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		Am	ount in 100	grams	of edik	ole portion		Amount in edible portion of common			
			N	umber							
						Source Conf	idence				
Nutrients and	Inits	Mean	Std. Error				ode	Measure 1	Measure 2	Measure	
Nutrionts and	511113	Mean	ota. E i oi					WCuburc 1	### dible portion of the saure series of food seasures of food seasures of food seasures of food seasure series series season se	measure	
Proximates:											
Water	g	21.1	0	1		1		70.05	4.43		
Energy		318		0	NC	4		1056	67		
Energy		1331		0		4		4417	279		
Protein (N x 6.25)		6.2	0	1		1		20.58	1.30		
Total lipid (fat)		0.0	0	1		1		0.00	0.00		
Ash		1.3	0	1		1		4.32			
Carbohydrate, by difference	=	71.3	0	0	NC	4		236.72			
Fiber, total dietary		0.0		0	BFZN	4		0.0			
Sugars, total		71.3		0	NR	4		236.72			
Starch	=										
Minerals:	······································										
Calcium, Ca	ma	61		1		1		203	13		
Iron. Fe	• • • • • • • • • • • • • • • • • • • •	0.9	6	1		1		3.19			
Magnesium, Mg	•	72		1		1		239			
Phosphorus, P		236		1		1		784			
Potassium, K		320		1		1		1062			
Sodium, Na	-	35		1		1		116	7		
Zinc, Zn	-	0.1	4	1		1		0.46	0.03		
Copper, Cu	mg	0.2	00	1		1		0.664	0.042		
Manganese, Mn	mg	0.1	00	1		1		0.332	0.021		
Selenium, Se	µg	12.3		0	BFSN	4		40.8	2.6		
Vitamins:											
Vitamin C, total ascorbic acid	mq	0.0		1		1		0.0	0.0		
Thiamin	-	0.0		1		4		0.037			
Riboflavin	-	0.3		1		1		1.305			
Niacin	-	8.1		1		1		26.958			
Pantothenic acid	-	0.1	71	1		1		0.568			
Vitamin B-6		0.5	00	1		1		1.660	0.105		
Folate, total	-	12		1		1		40	3		
Folic acid		0		0	Z	7		0	0		
Folate, food	µg	12		1		1		40	3		
Folate, DFE	µg	12		0	NC	4		40	3		
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.0	0	1		1		0.00	0.00		
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	0		0	AS	1		0	0		
Retinol	µg	0		0	Z	7		0	0		
Carotene, beta	µg										
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		0		1		1		0	0		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	-										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	ua										

	Amount in 1	Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	0.000	0	CAFN	4		0.000	0.000	
Fatty acids, total monounsaturatedg	0.000	0	CAFN	4		0.000	0.000	
Fatty acids, total monounsaturatedg	0.000	0	CAFN	4		0.000	0.000	
Fatty acids, total trans	0.000	·	CIIII	•		0.000	0.000	
Cholesterolg	0	1		4		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.075	0		1		0.249	0.016	
Threonineg	0.208	0		1		0.691	0.044	
Isoleucineg	0.210	0		1		0.697	0.044	
Leucineg	0.378	0		1		1.255	0.079	
Lysineg	0.267	0		1		0.886	0.056	
Methionineg	0.110	0		1		0.365	0.023	
Cystineg	0.065	0		1		0.216	0.014	
Phenylalanineg	0.260	0		1		0.863	0.055	
Tyrosineg	0.169	0		1		0.561	0.035	
Valineg	0.304	0		1		1.009	0.064	
Arginineg	0.283	0		1		0.940	0.059	
Histidine	0.132	0		1		0.438	0.028	
Alanineg	0.271	0		1		0.900	0.057	
Aspartic acidg	0.558	0		1		1.853	0.117	
Glutamic acidg	1.006	0		1		3.340	0.211	
Glycineg	0.252	0		1		0.837	0.053	
Prolineg	0.459	0		1		1.524	0.096	
Serineg	0.232	0		1		0.770	0.049	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg								
Theobrominemg								

Common Measures:

Measure 1 = 332g: 1 cup Measure 2 = 21g: 1 tbsp

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate4.12

Food Group: 19 Sweets

		Amou	nt in 100 gr			ole portic	<u>on</u>		dible portion of easures of foo	
Nutrients and Ur	nits	Mean Sto	Num of I d. Error Po	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		32.39	0.357	12	JA	6		6.48	26.88	102.03
Energy		260		0	NC	4		52	216	819
Energy	kJ	1088		0	NC	4		218	903	3428
Protein (N x 6.25)	g	0.04	0.037	8	A	1		0.01	0.03	0.12
Total lipid (fat)	g	0.06	0.058	8	A	1		0.01	0.05	0.18
Ash	g	0.47		6	A	1		0.09	0.39	1.48
Carbohydrate, by difference	g	67.04		0	NC	4		13.41	55.65	211.19
Fiber, total dietary	g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total		60.46		0	NR	4		12.09	50.18	190.45
Sucrose		58.32	3.685	25	JA	6		11.66	48.41	183.71
Glucose (dextrose)	g	1.60	0.580	22	JA	6		0.32	1.33	5.04
Fructose		0.52	0.218	25	JA	6		0.10	0.43	1.64
Lactose		0.00		6	A	1		0.00	0.00	0.00
Maltose	q	0.00		6	A	1		0.00	0.00	0.00
Galactose		0.00		6	A	1		0.00	0.00	0.00
Starch										
Minerals:	ma	102	6.652	1.0		1		20	0.5	322
Calcium, Ca	•				A A	1		20 0.02	85 0.09	
Iron, Fe		0.11	0.003	8 16		1		4	17	0.36
Magnesium, Mg		21 2	0.203 0.929	3	A	1		0	2	65 6
Phosphorus, P		212		3 16	A	1		42	176	669
Potassium, K		12		16	A	1		2	10	37
Sodium, Na	_	1.47	0.772		A	1		0.29	1.22	4.64
Zinc, Zn		0.018	0.772	6	A	1		0.29	0.015	0.057
Copper, Cu		2.908	0.608		A	1		0.582	2.414	9.161
Manganese, Mn Selenium, Se		0.6	0.608	10	BFSN	4		0.582	0.5	1.9
	µ9	0.0		U	DF SN	-		0.1	0.5	1.9
<u>Vitamins:</u>		0.0				•		0.0		
Vitamin C, total ascorbic acid	_	0.0	0 000	1	LC	8		0.0	0.0	0.0
Thiamin	_	0.066	0.027	5	A	1		0.013	0.055	0.208
Riboflavin	_	1.270	0.201	5	A	1		0.254	1.054	4.001
Niacin	_	0.081	0.010	5	A	1		0.016	0.067	0.255
Pantothenic acid	•	0.036	0.003	3		1		0.007	0.030	0.113
Vitamin B-6	_	0.002	0.002	3		1		0.000	0.002	0.006
Folate, total		0	0.167	3	_	1		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0	0.167	3		1		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Choline, total		1.6		0	0	4		0.3	1.3	5.0
Betaine				_						
Vitamin B-12		0.00		1	_	4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Carotene, beta		0		0	NR	4		0	0	0
Carotene, alpha		0		0	NR	4		0	0	0
Cryptoxanthin, beta		0		0	NR	4		0	0	0
Vitamin A, IU		0		1	LC	8		0	0	0
Lycopene		0		0	NR	4		0	0	0
Lutein + zeaxanthin		0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									

Nutrients and Units Mean Std. Error Points Code Code Code Code Measure 1 Measure 2 Measure 3		<u>Am c</u>	ount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units				Numbor						
Nutrients and Units						Source	Confidence			
Vitamin D (1/2 ± D3)	N utrients and Units	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Vitamin D (1/2 ± D3)										
Vinimi C	- · · · · · · · · · · · · · · · · · · ·			•	_	_				
Visinita K (phylloquinone)										
Disystephylloquinore. Jip Disy								-		
Mempulprome		0.0		U	4	,		0.0	0.0	0.0
Futry acids, botal saturated										
Futry acids, botal saturated	Lipids:									
60	· · · · · · · · · · · · · · · · · · ·	0.00	7	0	NC	4		0.001	0.006	0.021
8	4:0g	0.00	0	0		4		0.000	0.000	0.000
100	6:0g	0.00	0	0		4		0.000	0.000	0.000
12-0	8:0g	0.00	0	0		4		0.000	0.000	0.000
13-0				-				0.000	0.000	0.000
14-0.		0.00	0	0		4		0.000	0.000	0.000
15.0			_							
17.0		0.00	0	0		4		0.000	0.000	0.000
17:0. 9		0.00	_	•		4		0 001	0.005	0.010
RS.0		0.00	0	U		4		0.001	0.005	0.019
2000	-	0.00	1	0		4		0 000	0 001	0.002
\$\frac{22.0}{24.0}		0.00	-	·		•		0.000	0.001	0.002
Party acids, total monounsaturated										
Fatty acids, total monounsaturated										
14:1		0.01	1	0	NC	4		0.002	0.009	0.034
16:1 undifferentiated	14:1g									
17:1	15:1g									
18:1 undifferentiated	16:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000
20:1	-									
22:1 undifferentiated g 0.000 0 4 0.000 0.000 0.000 24:1 c g 0 0 NC 4 0.003 0.014 0.054 18:2 undifferentiated g 0.017 0 4 0.003 0.014 0.054 18:3 undifferentiated g 0.000 0 4 0.000 0.000 0.000 18:4 g 0.000 0 4 0.000 0.000 0.000 20:2 n-6 c,c g g 0.000 0 4 0.000 0.000 0.000 20:3 undifferentiated g 0 0.000 0 4 0.000 0.000 0.000 20:5 n-3 (EPA) g 0.000 0 4 0.000 0.000 0.000 21:5 g g 0.000 0 4 0.000 0.000 0.000 22:5 n-3 (DPA) g 0.000 0 4 0.000 0.000 0.000 22:6 n-3 (DHA) g 0.000 0 4 0.000										
24:1 c	•									
Fatty acids, total polyunsaturated	=	0.00	0	0		4		0.000	0.000	0.000
18:2 undifferentiated 9 0.017 0 4 0.003 0.014 0.054 18:3 undifferentiated 9 0.000 0 4 0.000 0.000 0.000 18:4 9 0.000 0 4 0.000 0.000 0.000 20:2 n -6 c,c. 9 9 0.000 0 4 0.000 0.000 0.000 20:4 undifferentiated 9 0.000 0 4 0.000 0.000 0.000 20:5 n -3 (EPA) 9 0.000 0 4 0.000 0.000 0.000 21:5 9 22:4 9 0.000 0 4 0.000 0.000 0.000 22:5 n -3 (DPA) 9 0.000 0 4 0.000 0.000 0.000 0.000 Fatty acids, total trans 9 0 1 LC 8 0 0 0 0 Phytosterols mg 0 1 LC 8 0 0 0 0 0 0 0 0 0		0.01	7	0	NC	4		0.003	0.014	0.054
18:3 undifferentiated										
18:4				0		4				
20:2 n-6 c,c		0.00	0	0		4		0.000	0.000	0.000
20:4 undifferentiated. g 0.000 0 4 0.000 0.000 0.000 20:5 n-3 (EPA)										
20:5 n-3 (EPA) g 0.000 0.00	20:3 undifferentiatedg									
21:5	20:4 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000
22:4	20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g 0.000 0 4 0.000 0.000 0.000 22:6 n-3 (DHA) g 0.000 0 4 0.000 0.000 0.000 Fatty acids, total trans g Cholesterol mg 0 1 LC 8 0 0 0 Phytosterols mg 0 1 LC 8 0 0 0 Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0										
22:6 n-3 (DHA) g 0.000 0 4 0.000 0.000 0.000 Fatty acids, total trans g Cholesterol mg 0 1 LC 8 0 0 0 0 Phytosterols mg 0 0 7 0.0			_							
Fatty acids, total trans	. ,									
Cholesterol. mg 0 1 LC 8 0 0 0 Phytosterols. mg 0 1 LC 8 0 0 0 Others: Alcohol, ethyl. g 0.0 0 7 0.0 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 0		0.00	U	0		4		0.000	0.000	0.000
Phytosterolsmg Others: Alcohol, ethyl		0		1	T.C.			•	•	•
Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 0		U		1	ъс	0		U	U	U
Alcohol, ethyl	•									
Caffeinemg 0 0 z 7 0 0 0		0.0		0		7		0.0	0.0	0.0
•	-				7					
	Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 83g: 1 serving 1/4 cup

Measure 3 = 315g: 1 cup

NDB No. 19353 Syrups, maple

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
				Number				m	easures of fo	od_
						Source C	Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.7	0	0	0	4		74.91	4.77	
Energy	kcal	290		0	NC	4		957	61	
Energy	kJ	1213		0	NC	4		4002	255	
Protein (N x 6.25)	g	0.0	0	1		4		0.00	0.00	
Total lipid (fat)	g	0.0	0	1		4		0.00	0.00	
Ash	g	2.4	0	1		1		7.92	0.50	
Carbohydrate, by difference	g	74.9	0	0	NC	4		247.17	15.73	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	74.9	0	0	NR	4		247.17	15.73	
Starch	g									
Minopola										
Minerals:	ma	150		-		-		405	22	
Calcium, Ca	-	150 3.8	0	1 1		1 1		495 12.54	32 0.80	
Iron, Fe		100	U	1		1		12.54 330	0.80 21	
Magnesium, Mg Phosphorus, P		56		1		1		185	12	
Priospriorus, P		1000		1		1		3300	210	
Sodium, Na	-	8		1		1		26	2	
Zinc, Zn	-	0.4	1	1		1		1.35	0.09	
Copper, Cu	-	0.1		1		1		0.429	0.027	
Manganese, Mn		1.5		1		4		5.049	0.321	
Selenium, Se		1.7		1	AI	13		5.6	0.4	
Vitamina										
Vitamins:	ma	0.0		1		4		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	-	0.0		1		4		0.330	0.021	
		0.1		1		1		0.512	0.021	
Riboflavin	-	0.1		1		4		0.312	0.033	
Pantothenic acid	-	0.8		1		4		2.653	0.021	
Vitamin B-6		0.6		1		4		2.211	0.141	
Folate, total	-	0	, ,	1		4		0	0.141	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		1	_	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total		13.3		0	0	4		43.9	2.8	
Betaine	-									
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.0	0	1		4		0.00	0.00	
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol		0		0	z	7		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	-	0.0	0	0	Z	7		0.00	0.00	
Vitamin E, added	-	0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta				^	_	-		2 2		
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone	µg									

	<u>An</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number					easures of foo	•
					Source C	Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	00	0		7		0.000	0.000	
4:0g	0.0		0		4		0.000	0.000	
6:0g	0.0		0		4		0.000	0.000	
8:0g	0.0		0		4		0.000	0.000	
10:0g	0.0		0		4		0.000	0.000	
12:0.	0.0		0		4		0.000	0.000	
13:0g	• • • • • • • • • • • • • • • • • • • •		•		-				
14:0g	0.0	00	0		4		0.000	0.000	
15:0g			-		_				
16:0g	0.0	00	0		4		0.000	0.000	
17:0			-		_				
18:0g	0.0	00	0		4		0.000	0.000	
20:0			-		_				
22:0g									
24:0									
Fatty acids, total monounsaturatedg	0.0	00	0		7		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiated	0.0	00	0		4		0.000	0.000	
17:1g									
18:1 undifferentiated	0.0	00	0		4		0.000	0.000	
20:1g	0.0		0		4		0.000	0.000	
22:1 undifferentiatedg	0.0		0		4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	0.0	00	0		7		0.000	0.000	
18:2 undifferentiated	0.0	00	0		4		0.000	0.000	
18:3 undifferentiated	0.0		0		4		0.000	0.000	
18:4g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 330g: 1 cup Measure 2 = 21g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate 3.87

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion		Amount in edible portion of common			
				Number					easures of foo		
						Source Co	nfidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	87.0	0	0	LC	8		208.80	13.05		
Energy		52	•	0	NC	4		124	8		
Energy		216		0	NC	4		518	32		
Protein		0.8	0	1	NC	1		1.92	0.12		
		0.0		1		1		0.00	0.12		
Total lipid (fat)	_	0.0		0	FLC	4		0.00			
Ash	_					4			0.01		
Carbohydrate, by difference		12.1		0	NC	4 8		29.11	1.82		
Fiber, total dietary		0.7		0	LC			1.6	0.1		
Sugars, total		0.0	1	0	FLC	4		0.01	0.00		
Starch	g										
<u> </u>											
Calcium, Ca	-	0		0		4		0	0		
Iron, Fe	•	0.0	0	0		4		0.00	0.00		
Magnesium, Mg		0		0		4		0	0		
Phosphorus, P	<u>mg</u>	0		0		4		0	0		
Potassium, K	-	0		0		4		0	0		
Sodium, Na	-	210		0	LC	8		504	32		
Zinc, Zn	<u>m</u> g	0.0	0	0		4		0.00	0.00		
Copper, Cu	mg	0.0	00	0		4		0.000	0.000		
Manganese, Mn	mg	0.0	00	0	FLC	4		0.001	0.000		
Selenium, Se	µg	0.5		0	BFSN	4		1.2	0.1		
itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0		
Thiamin	mg	0.0	00	0		4		0.000	0.000		
Riboflavin	mg	0.0	00	0		4		0.000	0.000		
Niacin	mg	0.0	00	0		4		0.000	0.000		
Pantothenic acid	mg	0.0	02	0	FLC	4		0.004	0.000		
Vitamin B-6	mg	0.0	00	0		4		0.000	0.000		
Folate, total	µg	0		0		4		0	0		
Folic acid	µg	0		0	FLC	4		0	0		
Folate, food	µg	0		0	FLC	4		0	0		
Folate, DFE	µg	0		0	NC	4		0	0		
Choline, total	mg	0.0		0	Z	7		0.0	0.0		
Betaine	mq										
Vitamin B-12		0.0	0	0		4		0.00	0.00		
Vitamin B-12, added		0.0	0	0	z	7		0.00	0.00		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	FLC	4		0	0		
Carotene, beta		0		0	FLC	4		0	0		
Carotene, alpha		0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		0		0		4		0	0		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.0	0	0	FLC	4		0.00	0.00		
Vitamin E, added		0.0		0	Z	7		0.00	0.00		
Tocopherol, beta	-	0.0	-	ŭ	-	•		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta	-										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D (D2 + D3)		0.0		0	Z	, 7		0	0.0		
		0.0		0	FLC	4		0.0	0.0		
Vitamin K (phylloquinone)		0.0		U	FTC	*		0.0	0.0		
Dihydrophylloquinone Menaquinone-4											

	<u>An</u>	nount in 10	00 grams	Amount in edible portion of common					
			Number	•				easures of foo	•
					Source (Confidence			
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	000	0	z	7		0.000	0.000	
4:0g	0.0		0	_	4		0.000	0.000	
6:0g	0.0		0		4		0.000	0.000	
8:0g	0.0		0		4		0.000	0.000	
10:0g	0.0		0		4		0.000	0.000	
12:0.	0.0		0		4		0.000	0.000	
13:0g	0.0		•		-				
14:0g	0.0	000	0		4		0.000	0.000	
15:0g			_		_				
16:0g	0.0	000	0		4		0.000	0.000	
17:0			_		_				
18:0g	0.0	000	0		4		0.000	0.000	
20:0			_		_				
22:0g									
24:0									
Fatty acids, total monounsaturatedg	0.0	000	0	z	7		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiated	0.0	000	0		4		0.000	0.000	
17:1g			_		_				
18:1 undifferentiated	0.0	000	0		4		0.000	0.000	
20:1g	0.0		0		4		0.000	0.000	
22:1 undifferentiatedg	0.0		0		4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	0.0	000	0	Z	7		0.000	0.000	
18:2 undifferentiated	0.0	000	0		4		0.000	0.000	
18:3 undifferentiated	0.0		0		4		0.000	0.000	
18:4g	0.0	000	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	000	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	000	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	000	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	000	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0)	0	Z	7		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	or ear	ne porti	<u>011</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
nan ionio ana on		moun	0141 2 1 01					mousure i	modearo 2	mousuro .	
Proximates:											
Water	g	30.1	0	0	BFZN	4		94.82	6.02		
Energy	kcal	278		0	NC	4		877	56		
Energy	kJ	1165		0	NC	4		3669	233		
Protein (N x 6.25)	g	0.0	0	0	FLA	4		0.00	0.00		
Total lipid (fat)	g	0.1	0	0	T	4		0.32	0.02		
Ash	g	0.3	5	0	FLA	4		1.10	0.07		
Carbohydrate, by difference	g	69.5	2	0	NC	4		218.98	13.90		
Fiber, total dietary	g	0.1		0	FLA	4		0.5	0.0		
Sugars, total	g	68.2	0	0	FLA	4		214.84	13.64		
Starch											
N. 6 1	_										
Minerals:_											
Calcium, Ca	-	12	•	0	FLA	4		39	2		
Iron, Fe		0.1	9	0	FLA	4		0.59	0.04		
Magnesium, Mg	-	2		0	FLA	4		7	0		
Phosphorus, P		0		0	FLA	4		1	0		
Potassium, K Sodium, Na	-	53 104		0	FLA FLA	4 4		166 328	11 21		
Zinc, Zn		0.6	2	0	FLA	4		1.98	0.13		
,	-	0.0		0	FLA	4		0.053	0.003		
Copper, Cu Manganese, Mn		0.4		0	FLA	4		1.559	0.003		
Selenium, Se		0.5		0	FLA	4		1.5	0.033		
Selemum, Se	μ9	0.3		U	FLIA	-		1.5	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0	FLA	4		0.0	0.0		
Thiamin		0.0	01	0	FLA	4		0.003	0.000		
Riboflavin	mg	0.0	14	0	FLA	4		0.044	0.003		
Niacin	mg	0.0	05	0	FLA	4		0.015	0.001		
Pantothenic acid	-	0.0		0	FLA	4		0.017	0.001		
Vitamin B-6	mg	0.0	00	0	FLA	4		0.001	0.000		
Folate, total		0		0	FLA	4		0	0		
Folic acid	µg	0		0	FLA	4		0	0		
Folate, food	µg	0		0	FLA	4		0	0		
Folate, DFE	µg	0		0	NC	4		0	0		
Choline, total	-	0.2		0	0	4		0.7	0.0		
Betaine											
Vitamin B-12		0.0		0	FLA	4		0.00	0.00		
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol	· -	0		0	FLA	4		0	0		
Carotene, beta		0		0	FLA	4		0	0		
Carotene, alpha		0		0	FLA	4		0	0		
Cryptoxanthin, beta		0		0	FLA	4		0	0		
Vitamin A, IU		0		0	FLA	4		0	0		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		0	•	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.0		0	FLA	4		0.00	0.00		
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta		0 0		^		7		0 0	0.0		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.0		0	FLA	4		0.0	0.0		
	ua										

	Am ount in	100 grams	of edi	ble portion		Amount in edible portion of common		
		Numbe	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	0.000	•						
Fatty acids, total saturatedg	0.020	0	NC	4		0.062	0.004	
4:0g	0.000	0	FLA	4		0.000	0.000	
6:0g	0.000	0	FLA	4		0.000	0.000	
8:0g	0.000	0	FLA	4		0.000	0.000	
10:0g	0.000	0	FLA	4		0.000	0.000	
12:0g	0.000	0	FLA	4		0.000	0.000	
13:0g	0.000	•						
14:0g	0.000	0	FLA	4		0.000	0.000	
15:0g	0.010	•				0 0=4		
16:0g	0.018	0	FLA	4		0.056	0.004	
17:0g	0.000	•				0.006	0.000	
18:0g	0.002	0	FLA	4		0.006	0.000	
20:0g								
22:0g								
24:0g	0.000	0						
Fatty acids, total monounsaturatedg	0.032	U	NC	4		0.101	0.006	
14:1g								
15:1g	0.000	0		4		0.001	0.000	
16:1 undifferentiatedg	0.000	U	FLA	4		0.001	0.000	
17:1g	0.001	0		4				
18:1 undifferentiatedg	0.031		FLA			0.098	0.006	
20:1g	0.000	0	FLA	4		0.001	0.000	
22:1 undifferentiatedg	0.000	U	FLA	4		0.000	0.000	
24:1 c	0.050	0	NG	4		0.155	0.010	
Fatty acids, total polyunsaturated9	0.050		NC	4		0.157	0.010	
18:2 undifferentiatedg	0.046	0	FLA	4		0.144	0.009	
18:3 undifferentiated	0.000	0	FLA	4		0.000	0.000	
18:4g	0.000	U	FLA	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0	FLA	4		0 001	0.000	
20:4 undifferentiated		0				0.001	0.000	
20:5 n-3 (EPA)	0.004	U	FLA	4		0.012	0.001	
21:5g								
22:4g	0.000	0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)	0.000	0	FLA	4				
22:6 n-3 (DHA)	0.000	U	FLA	4		0.000	0.000	
Fatty acids, total transg Cholesterolg	0	0	F3T 7	4		0	0	
	U	U	FLA	4		U	U	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	

Common Measures:

Measure 1 = 315g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 19 Sweets

		<u>Am our</u>	nt in 100 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Num ber					easures of foo		
					Cauras C	antidones				
						onfidence				
Nutrients and U	Jnits	Mean Std	. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	15.60	1		1		49.30	3.12		
Energy	-	319	0		4		1008	64		
Energy		1335	0		4		4218	267		
Protein (N x 6.25)		0.00	1		4		0.00	0.00		
Total lipid (fat)		0.00	1		4		0.00	0.00		
Ash	=	0.50	1		1		1.58	0.10		
Carbohydrate, by difference		83.90	0	NC	4		265.12	16.78		
Fiber, total dietary		0.0	0		4		0.0	0.0		
Sugars, total			-		_			•••		
Starch										
Minerals:										
Calcium, Ca	ma	23	1		1		73	5		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.74	1		1		2.34	0.15		
Magnesium, Mg	-	9	1		1		28	2		
Phosphorus, P		8	1		1		25	2		
Potassium, K		63	1		1		199	13		
Sodium, Na	-	71	1		1		224	14		
Zinc, Zn	mg	0.03	1		1		0.09	0.01		
Copper, Cu	mg	0.060	1		1		0.190	0.012		
Manganese, Mn	mg	0.088	1		4		0.278	0.018		
Selenium, Se	µg	0.8	0	BFSN	4		2.5	0.2		
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0	1		4		0.0	0.0		
Thiamin		0.006	1		1		0.019	0.001		
Riboflavin	-	0.047	1		1		0.149	0.009		
Niacin	-	0.020	1		1		0.063	0.004		
Pantothenic acid	-	0.035	1		1		0.111	0.007		
Vitamin B-6	-	0.009	1		4		0.028	0.002		
Folate, total		3	1	_	1		9	1		
Folic acid		0	0	Z	7		0	0		
Folate, food		3 3	1	NC	1 4		9 9	1 1		
Folate, DFE		3	U	NC	4		9	1		
Choline, total	-									
Betaine Vitamin B-12	-	0.00	1		4		0.00	0.00		
Vitamin B-12. added		0.00	0	z	7		0.00	0.00		
Vitamin B-12, addedVitamin A, RAE		0.00	0	NC	4		0.00	0.00		
Retinol	· -	0	0	Z	7		0	0		
Carotene, beta		·	·	_	•		·	·		
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0	1		4		0	0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

Syrups, table blends, corn, refiner, and sugar

	Amount in 1	00 grams of ed	ible portion		dible portion o	
Nutrients and Units	Mean Std. Erro	of Data Deriv or Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids: Fatty acids, total saturated	0.000	0	4	0.000	0.000	
Fatty acids, total polyunsaturated	0	1	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 316g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ole portion		Amount in edible portion of common			
				Num be	r				easures of fo		
						Source Co	onfidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		37.98	1	0	FLC	4		119.25	7.60		
Energy		234		0	NC	4		733	47		
Energy	kJ	977		0	NC	4		3069	195		
Protein (N x 6.25)	g	0.00)	2		1		0.00	0.00		
Total lipid (fat)	g	0.00)	2		1		0.00	0.00		
Ash	g	0.20)	2		1		0.63	0.04		
Carbohydrate, by difference	g	61.47	,	1	LC	8		193.00	12.29		
Fiber, total dietary	g	0.0		0	FLC	4		0.1	0.0		
Sugars, total	g	21.47	,	0	FLC	4		67.42	4.29		
Starch											
<u>finerals:</u>											
Calcium, Ca	<u>m</u> g	3		246 18	A	1		10	1		
Iron, Fe	mg	0.03		011 18	A	1		0.10	0.01		
Magnesium, Mg		2		166 18	A	1		6	0		
Phosphorus, P	mg	9	1.	462 18	A	1		29	2		
Potassium, K	mg	15	1.	432 18	A	1		48	3		
Sodium, Na	<u>mg</u>	82	7.	230 18	A	1		259	16		
Zinc, Zn	mg	0.08	0.	017 18	A	1		0.24	0.02		
Copper, Cu	mg	0.00	0.	000 18	A	1		0.000	0.000		
Manganese, Mn	mg	0.06	8 0.	013 18	A	1		0.213	0.014		
Selenium, Se	µg	0.0	0.	037 20	JA	6		0.1	0.0		
itamins:											
Vitamin C, total ascorbic acid	_	0.0		0	FLC	4		0.0	0.0		
Thiamin	_	0.02		0	FLC	4		0.075	0.005		
Riboflavin	_	0.00		0	FLC	4		0.024	0.002		
Niacin	_	0.00		0	FLC	4		0.000	0.000		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.00		0	FLC	4		0.014	0.001		
Vitamin B-6	_	0.00	0	0	FLC	4		0.000	0.000		
Folate, total	µg	0		0	FLC	4		0	0		
Folic acid	µg	0		0	FLC	4		0	0		
Folate, food	µg	0		0	FLC	4		0	0		
Folate, DFE	µg	0		0	NC	4		0	0		
Choline, total	mg	0.0		0	FLC	4		0.0	0.0		
Betaine	mg										
Vitamin B-12	µg	0.00)	0	FLC	4		0.00	0.00		
Vitamin B-12, added	µg	0.00)	0	FLC	4		0.00	0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0	0		
Retinol	µg	0		0	FLC	4		0	0		
Carotene, beta	µg	0		0	FLC	4		0	0		
Carotene, alpha	µg	0		0	FLC	4		0	0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0		
Vitamin A, IU	<u>IU</u>	0		0	FLC	4		0	0		
Lycopene	µg	0		0	FLC	4		0	0		
Lutein + zeaxanthin		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.00)	0	FLC	4		0.00	0.00		
Vitamin E, added		0.00)	0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	z	7		0	0		
Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0		
Dihydrophylloquinone		5.0		_		=		•••	•••		
Menaquinone-4											

	Am ount in	100 grams	of edi	ble portion		Amount in edible portion of common		
		Number	•		<u>m</u>	easures of foo	<u>oa</u>	
		of Data	Deriv	Source Confid	dence			
N utrients and U nits	Mean Std. Er	ror Points	Code	Code Co	de Measure 1	Measure 2	Measure 3	
Lipids:								
Fatty acids, total saturatedg	0.000	1	LC	8	0.000	0.000		
4:0g	0.000	0	FLC	4	0.000	0.000		
6:0g	0.000	0	FLC	4	0.000	0.000		
8:0g	0.000	0	FLC	4	0.000	0.000		
10:0g	0.000	0	FLC	4	0.000	0.000		
12:0g	0.000	0	FLC	4	0.000	0.000		
13:0g								
14:0g	0.000	0	FLC	4	0.000	0.000		
15:0g								
16:0g	0.000	0	FLC	4	0.000	0.000		
17:0g								
18:0g	0.000	0	FLC	4	0.000	0.000		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	1	LC	8	0.000	0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	FLC	4	0.000	0.000		
17:1g								
18:1 undifferentiatedg	0.000	0	FLC	4	0.000	0.000		
20:1g	0.000	0	FLC	4	0.000	0.000		
22:1 undifferentiatedg	0.000	0	FLC	4	0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.000	1	LC	8	0.000	0.000		
18:2 undifferentiatedg	0.000	0	FLC	4	0.000	0.000		
18:3 undifferentiatedg	0.000	0	FLC	4	0.000	0.000		
18:4g	0.000	0	FLC	4	0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLC	4	0.000	0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000	0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000	0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000	0.000		
Fatty acids, total transg								
Cholesterolmg	0	1	LC	8	0	0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4	0.0	0.0		
Caffeinemg	0	0	FLC	4	0	0		
Theobrominemg	0	0	FLC	4	0	0		

Common Measures:

Measure 1 = 314g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

		<u>Am</u>	ount in 10	u gram s	or edil	oie porti	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	54.90)	0	FLA	4		40.08	8.24	15.56
Energy	kcal	165		0	NC	4		120	25	47
Energy	kJ	690		0	NC	4		503	103	196
Protein (N x 6.25)	g	0.00)	2	LC	8		0.00	0.00	0.00
Total lipid (fat)	g	0.00)	2	LC	8		0.00	0.00	0.00
Ash	g	0.55	5	0	FLA	4		0.40	0.08	0.16
Carbohydrate, by difference	g	44.55	5	0	NC	4		32.52	6.68	12.63
Fiber, total dietary	g	0.0		2	LC	8		0.0	0.0	0.0
Sugars, total	g	32.80)	2	LC	8		23.94	4.92	9.30
Starch										
	-									
Minerals:				_	_	_		_	_	_
Calcium, Ca		10		0	FLA	4		7	2	3
Iron, Fe	-	0.03	5	0	FLA	4		0.02	0.00	0.01
Magnesium, Mg		2		0	FLA	4		1	0	0
Phosphorus, P		43		1	•	4		31 2	6 0	12 1
Potassium, K	-	3 178		0 2	O LC	4 8		130	0 27	50
Zinc, Zn		0.20	`	0	FLA	4		0.14	0.03	0.06
,	-	0.01		0	FLA	4		0.013	0.003	0.00
Copper, Cu		0.02		0	FLA	4		0.013	0.003	0.00
Selenium, Se		0.5		0	FLA	4		0.010	0.003	0.1
Selemum, Se	P9	0.5		·	PIL	-		0.5	0.1	0.1
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin	mg	0.02	25	0	FLA	4		0.018	0.004	0.00
Riboflavin	mg	0.00)3	0	FLA	4		0.002	0.000	0.00
Niacin	-	0.00	14	0	FLA	4		0.003	0.001	0.00
Pantothenic acid	-	0.00)5	0	FLA	4		0.004	0.001	0.00
Vitamin B-6	mg	0.00)3	0	FLA	4		0.002	0.000	0.00
Folate, total	µg	0		0	FLA	4		0	0	0
Folic acid	µg	0		0	FLA	4		0	0	0
Folate, food	µg	0		0	FLA	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Choline, total		0.1		0	FLA	4		0.0	0.0	0.0
Betaine										
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added		0.00)	0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Carotene, beta		0		0	FLA	4		0	0	0
Carotene, alpha		0		0	FLA	4		0	0	0
Cryptoxanthin, beta		0		0	FLA	4		0	0	0
Vitamin A, IU		0		0	FLA	4		0	0	0
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added		0.00)	0	FLA	4		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta		• •		^	-	-			2 2	•
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0	0
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophylloquinone										

	<u>An</u>	ount in 10	0 grams	Amount in edible portion of common					
			Number	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	00	2	LC	8		0.000	0.000	0.000
4:0g	0.0		0	FLA	4		0.000	0.000	0.000
6:0g	0.0		0	FLA	4		0.000	0.000	0.000
8:0g	0.0		0	FLA	4		0.000	0.000	0.000
10:0	0.0		0	FLA	4		0.000	0.000	0.000
12:0g	0.0		0	FLA	4		0.000	0.000	0.000
13:0g									
14:0g	0.0	00	0	FLA	4		0.000	0.000	0.000
15:0g									
16:0g	0.0	00	0	FLA	4		0.000	0.000	0.000
17:0g									
18:0g	0.0	00	0	FLA	4		0.000	0.000	0.000
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	00	0	FLA	4		0.000	0.000	0.000
14:1g									
15:1g									
16:1 undifferentiated	0.0	00	0	FLA	4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.0		0	FLA	4		0.000	0.000	0.000
20:1g	0.0		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiatedg 24:1 cg	0.0	00	0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.0	00	0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated	0.0		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated	0.0		0	FLA	4		0.000	0.000	0.000
18:4g	0.0		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.cg	0.0		·		•		0.000	0.000	0.000
20:3 undifferentiated									
20:4 undifferentiatedg	0.0	00	0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	00	0	FLA	4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.0	00	0	FLA	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		2	LC	8		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 73g: 1 serving 1/4 cup

Measure 2 = 15.0g: 1 tbsp Measure 3 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate 3.7

Food Group: 19 Sweets

Refuse:0%

		Am	ount in	100 gr	am s	of edil	ole portio	<u>on</u>	Amount in e	dible portion	of common
				Nun	ber				<u>m</u>	easures of fo	<u>od</u>
							Source	Confidence			
Nutrients and Un	its	Mean	Std. Err					Code	Measure 1	Measure 2	Measure
Proximates:											
Water	g	30.1	0	1.274	3		1		6.02	24.98	94.82
Energy		265			0	NC	4		53	220	835
Energy		1109			0		4		222	920	3493
Protein (N x 6.25)		0.0	0		1		1		0.00	0.00	0.00
Total lipid (fat)		0.1	0	0.060	3		1		0.02	0.08	0.32
Ash		0.2	0	0.064	3		1		0.04	0.17	0.63
Carbohydrate, by difference	-	69.6	0		0	NC	4		13.92	57.77	219.24
Fiber, total dietary		0.0			0	FLC	4		0.0	0.0	0.0
Sugars, total		42.0	0		0	FLC	4		8.40	34.86	132.30
Starch											
Minerals:		_			_				_	_	
Calcium, Ca	-	5	_		2		1		1	4	16
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	7		2		1		0.01	0.06	0.22
Magnesium, Mg	-	2 10			2		1 1		0 2	2 8	6 32
Phosphorus, P Potassium, K		6			1		1		2 1	8 5	32 19
Sodium, Na		61	1	0.136	7		1		12	51	192
Zinc, Zn	-	0.2		0.130	2		1		0.05	0.19	0.72
Copper, Cu	-	0.0			2		1		0.009	0.037	0.14
Manganese, Mn		0.1			2		1		0.037	0.154	0.58
Selenium, Se		0.4			0	FLC	4		0.1	0.4	1.4
,											
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0			0	FLC	4		0.0	0.0	0.0
Thiamin	-	0.0			2		1		0.001	0.004	0.01
Riboflavin	-	0.0			2		1		0.003	0.014	0.05
Niacin	-	0.0			0	FLC	4		0.001	0.002	0.00
Pantothenic acid	-	0.0			2		1		0.002	0.007	0.02
Vitamin B-6	-	0.0	00		2		1 1		0.000	0.000	0.00
Folate, total		0			0	TT C	4		0	0 0	0
Folic acid		0			0	FLC FLC	4		0	0	0
Folate, food		0			0	NC	4		0	0	0
Folate, DFE		0.0			0	O	4		0.0	0.0	0.1
Betaine	-	0.0			U	O	-		0.0	0.0	0.1
Vitamin B-12	-	0.0	n		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added		0.0			0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		0	•		0	FLC	4		0	0	0
Retinol		0			0	FLC	4		0	0	0
Carotene, beta		0			0	FLC	4		0	0	0
Carotene, alpha		0			0	FLC	4		0	0	0
Cryptoxanthin, beta		0			0	FLC	4		0	0	0
Vitamin A, IU		0			0	FLC	4		0	0	0
Lycopene		0			0	FLC	4		0	0	0
Lutein + zeaxanthin		0			0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)		0.0	0		0	FLC	4		0.00	0.00	0.00
Vitamin E, added		0.0	0		0	Z	7		0.00	0.00	0.00
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	mg										
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0			0	Z	7		0.0	0.0	0.0
Vitamin D		0			0	Z	7		0	0	0
Vitamin K (phylloquinone)		0.0			0	FLC	4		0.0	0.0	0.0
Dihydrophylloquinone	IIO.										

	<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foc	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Erroi	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated	0.01		0		4		0.004	0.015	0.057
4:0g	0.00		0		4		0.000	0.000	0.000
6:0g	0.00		0		4		0.000	0.000	0.000
8:0g	0.00		0		4		0.000	0.000	0.000
10:0g	0.00		0		4		0.000	0.000	0.000
12:0g	0.00	0	0		4		0.000	0.000	0.000
13:0g		_			_				
14:0g	0.00	0	0		4		0.000	0.000	0.000
15:0g		_			_				
16:0g	0.01	8	0		4		0.004	0.015	0.057
17:0g		_			_				
18:0g	0.00	2	0		4		0.000	0.002	0.006
20:0g									
22:0g									
24:0g	0.00	•	•		4				0 101
Fatty acids, total monounsaturatedg	0.03	2	0		4		0.006	0.027	0.101
14:1g									
15:1g	0.00	•	•				0.000	0.000	0.000
16:1 undifferentiatedg	0.00	U	0		4		0.000	0.000	0.000
17:1g	0.03	2	0		4		0.006	0.005	0 101
18:1 undifferentiatedg					4		0.006	0.027	0.101
20:1g	0.00		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.00	U	0		4		0.000	0.000	0.000
24:1 cg	0.05	0	0		4		0.010	0.042	0.158
Fatty acids, total polyunsaturatedg	0.05		0		4		0.010	0.042	0.158
18:2 undifferentiated	0.05		0		4		0.010	0.042	0.158
18:3 undifferentiatedg			0		4				
18:4g	0.00	U	U		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated	0.00	^	0		4		0.000	0.000	0.000
20:4 undifferentiated	0.00		0		4				0.000
20:5 n-3 (EPA)g	0.00	U	U		4		0.000	0.000	0.000
21:5g									
22:4g	0.00	0	0		4		0.000	0.000	0.000
22:5 n-3 (DPA)g	0.00		0		4				0.000
22:6 n-3 (DHA)g	0.00	U	U		*		0.000	0.000	0.000
Fatty acids, total transg	0		1	LC	8		0	0	0
Cholesterolmg Phytosterolsmg	U		1	TC	O		U	U	U
Others:									
Alcohol, ethyl	0.0		0	FLC	4		0.0	0.0	0.0
Caffeinemg	0		0	FLC	4		0	0	0
Theobrominemg	0		0	FLC	4		0	0	0

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 83g: 1 serving 1/4 cup

Measure 3 = 315g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

Lipids:

		<u>Am</u>	ount in	100 gr	am s	of edil	ole porti	<u>on</u>	Amount in edible portion of common			
				Nun	nbei	r			<u>m</u>	easures of fo	od .	
				of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Er	ror Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:												
Water	g	30.1	0	1.274	3		1		94.82	6.02		
Energy	_	265			0	NC	4		835	53		
Energy		1109					4		3493	222		
Protein (N x 6.25)		0.0	0		1		1		0.00	0.00		
Total lipid (fat)		0.1		0.060	3		1		0.32	0.02		
Ash		0.2		0.064	3		1		0.63	0.04		
Carbohydrate, by difference	-	69.6			0	NC	4		219.24	13.92		
Fiber, total dietary		0.0			0		4		0.0	0.0		
Sugars, total		0.0			Ū		•		0.0	0.0		
Starch	_											
Starcii	9											
Minerals:												
Calcium, Ca	-	5			2		1		16	1		
Iron, Fe		0.0	7		2		1		0.22	0.01		
Magnesium, Mg	mg	2			2		1		6	0		
Phosphorus, P	mg	10			2		1		32	2		
Potassium, K	-	22			0		1		69	4		
Sodium, Na		61		10.136	7		1		192	12		
Zinc, Zn	mg	0.2			2		1		0.72	0.05		
Copper, Cu		0.0			2		1		0.142	0.009		
Manganese, Mn		0.18	85		2		1		0.583	0.037		
Selenium, Se	µg	0.6			0	BFSN	4		1.9	0.1		
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.0			1		4		0.0	0.0		
Thiamin	-	0.0	05		2		1		0.016	0.001		
Riboflavin	-	0.0	17		2		1		0.054	0.003		
Niacin		0.0	20		1		4		0.063	0.004		
Pantothenic acid	-	0.0	08		2		1		0.025	0.002		
Vitamin B-6	-	0.0	00		2		1		0.000	0.000		
Folate, total	uq	0			2		1		0	0		
Folic acid		0			0	Z	7		0	0		
Folate, food		0			2		1		0	0		
Folate, DFE		0			0	NC	4		0	0		
Choline, total												
Betaine	-											
Vitamin B-12		0.0	0		1		4		0.00	0.00		
Vitamin A. RAE		0			0	NC	4		0	0		
Retinol	µg	0			0	Z	7		0	0		
Carotene, beta	µg											
Carotene, alpha												
Cryptoxanthin, beta												
Vitamin A, IU		0			1		4		0	0		
Lycopene												
Lutein + zeaxanthin												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma	mg											
Tocopherol, delta	mg											
Tocotrienol, alpha	mg											
Tocotrienol, beta	mg											
Tocotrienol, gamma	mg											
Tocotrienol, delta												
Vitamin D (D2 + D3)	µg											
Vitamin D												
Vitamin K (phylloquinone)	µg											
Dihydrophylloquinone	µg											
Menaquinone-4	µg											

Syrups, table blends, pancake, with 2% maple, with added potassium

	Amount in 100 grams of edible portion Number							
Nutrients and Units	Mean Std. Erro	of Data Deriv r Points Code	Source Confidence Code Code	Measure 1	Measure 2 Mea	sure 3		
Fatty acids, total saturated	0.000	0	4	0.000	0.000			
Fatty acids, total polyunsaturated	0	1	4	0	0			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 315g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

		AII	ount in 10	u grams	or ear	ne portio	<u>)11</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of fo	od	
						Source	Confidence				
Nutrients and Ur	vite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nutrients and Or	111.5	Mean	Stu. Error	1 011113	Jouc	Oouc	Oouc	weasure i	Weasure 2	Weasure	
Proximates:											
Water	g	26.7	2	0	FLC	4		19.50			
Energy		291		0	FLC	4		212			
Energy		1216		0	FLC	4		887			
Protein (N x 0)		0.0	0	0	FLC	4		0.00			
Total lipid (fat)	_	0.0	9	0	FLC	4		0.07			
Ash	_	0.7		0	FLC	4		0.55			
Carbohydrate, by difference	-	72.4		0	FLC	4		52.87			
Fiber, total dietary		0.0		0	FLC	4		0.0			
Sugars, total		72.2		0	FLC	4		52.75			
Starch		,_,_		•		-		02070			
Starcii	9										
Minerals:											
Calcium, Ca	mg	2		0		1		1			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	9	0		1		0.07			
Magnesium, Mg	mg	0		0	FLC	4		0			
Phosphorus, P		10		0		1		7			
Potassium, K	-	3		0		1		2			
Sodium, Na	-	287		0	FLC	4		209			
Zinc, Zn	_	0.2		0	FLC	4		0.16			
Copper, Cu		0.0		0	FLC	4		0.010			
Manganese, Mn	_	0.0		0	FLC	4		0.033			
Selenium, Se	µg	0.7		0	FLC	4		0.5			
Vitamins:											
Vitamin C, total ascorbic acid	mq	0.0		0	FLC	4		0.0			
Thiamin	-	0.0		0	FLC	4		0.021			
Riboflavin		0.0		0	FLC	4		0.007			
Niacin	_	0.0		0		1		0.015			
Pantothenic acid	_	0.0	05	0	FLC	4		0.004			
Vitamin B-6	-	0.0	00	0		1		0.000			
Folate, total	_	0		0	FLC	4		0			
Folic acid		0		0	FLC	4		0			
Folate, food	µg	0		0	FLC	4		0			
Folate, DFE		0		0	NC	4		0			
Choline, total		0.0		0	FLC	4		0.0			
Betaine	mg	0.0		0	FLC	4		0.0			
Vitamin B-12		0.0	0	0	FLC	4		0.00			
Vitamin B-12, added		0.0	0	0	FLC	4		0.00			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	FLC	4		0			
Carotene, beta		0		0	FLC	4		0			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		0		0	FLC	4		0			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		0		0	FLC	4		0			
Vitamin E (alpha-tocopherol)		0.0	0	0	FLC	4		0.00			
Vitamin E, added		0.0	0	0	FLC	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0			
Vitamin D		0		0	FLC	4		0			
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0			
Dihydrophylloquinone											
Menaquinone-4											

	Amount in	100 grams	of edi	ble portion	<u>1</u>	Amount in edible portion of common		
		Num be	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	FLC	4		0.000		
4:0g	0.000	0	NR	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g								
14:0g	0.000	0	FLC	4		0.000		
15:0g								
16:0g	0.000	0	FLC	4		0.000		
17:0g								
18:0g	0.000	0	FLC	4		0.000		
20:0g								
22:0g								
24:0g		_		_				
Fatty acids, total monounsaturatedg	0.000	0	FLC	4		0.000		
14:1g								
15:1g		_		_				
16:1 undifferentiatedg	0.000	0	FLC	4		0.000		
17:1g	0.000	•	a					
18:1 undifferentiatedg	0.000	0	FLC	4		0.000		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0		4		0.000		
Fatty acids, total polyunsaturatedg	0.000	0	FLC FLC	4		0.000		
18:2 undifferentiated	0.000	0	FLC	4		0.000		
	0.000	0	FLC	4				
18:4g	0.000	U	FLC	4		0.000		
20:2 n-6 c,c								
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
. ,	0.000	U	FLC	-		0.000		
21:5g 22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.000	3	2110	-		0.000		
Cholesterolg	0	0	FLC	4		0		
Phytosterolsmg	0	0	FLC	4		0		
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 73g: 1 serving 1/4 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	ot edil	ole porti	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.2	5	0	FLC	4					
Energy	kcal	609		0	NC	4					
Energy	kJ	2548		0	NC	4					
Protein		2.9	4	0	LC	8					
Adjusted Protein		0.2	9	0	FLC	4					
Total lipid (fat)		44.1	0	0	LC	8					
Ash	_	2.6		0	FLC	4					
Carbohydrate, by difference		50.0		0	NC	4					
Fiber, total dietary		2.9		0	LC	8					
		47.0		0	FC	8					
Sugars, total		47.0	0	U	шС	•					
Starch	g										
Minerals:											
Calcium, Ca	ma	0		0	LC	8					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.0	0	0	LC	8					
Magnesium, Mg		15	•	0	FLC	4					
Phosphorus, P		54		0	FLC	4					
Potassium, K		73		0	FLC	4					
		29		0	LC	8					
Sodium, Na			-	0	FLC	4					
Zinc, Zn		0.4				4					
Copper, Cu		0.1		0	FLC						
Manganese, Mn		0.1		0	FLC	4					
Selenium, Se	µg	1.0		0	FLC	4					
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	LC	8					
Thiamin	_	0.0	16	0	FLC	4					
Riboflavin	-	0.0		0	FLC	4					
Niacin	_	0.1		0	FLC	4					
Pantothenic acid	-	0.0		0	FLC	4					
Vitamin B-6	-	0.0		0	FLC	4					
Folate, total		6	13	0	FLC	4					
		0		0	FLC	4					
Folic acid		6		0	FLC	4					
Folate, food		6									
Folate, DFE				0	NC	4					
Choline, total		9.4		0	FLC	4					
Betaine	-	0.1		0	FLC	4					
Vitamin B-12		0.0		0	FLC	4					
Vitamin B-12, added		0.0	0	0	FLC	4					
Vitamin A, RAE	µg	6		0	NC	4					
Retinol	µg	6		0	FLC	4					
Carotene, beta	µg	1		0	FLC	4					
Carotene, alpha	µg	0		0	FLC	4					
Cryptoxanthin, beta		0		0	FLC	4					
Vitamin A, IU		21		0	NC	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin		1		0	FLC	4					
Vitamin E (alpha-tocopherol)		9.8	5	0	FLC	4					
Vitamin E, added		0.0		0	FLC	4					
Tocopherol, beta	•	0.0		0	FLC	4					
		0.1		0	FLC	4					
Tocopherol, gamma		0.1		0	FLC	4					
Tocopherol, delta											
Tocotrienol, alpha		0.1		0	FLC	4					
Tocotrienol, beta		0.0		0	FLC	4					
Tocotrienol, gamma		0.0		0	FLC	4					
Tocotrienol, delta	mg	0.0		0	FLC	4					
		0.0		0	NR	4					

		<u>Am</u>	ount in 10	00 grams	of edi	<u>ion</u>	Amount in edible portion of common			
				Number				<u>m</u> .	easures of foo	<u>d</u>
Nutrients and Units		Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)		0.0		0	NR	4				
Vitamin D		0		0	FLC	4				
Vitamin K (phylloquinone) Dihydrophylloquinone		1.8		0	FLC FLC	4 4				
Menaquinone-4		0.0		Ū	FEC	-				
Lipids:										
Fatty acids, total saturated	g	20.5	90	0	NC	4				
4:0		0.0	20	0	FLC	4				
6:0	g	0.1	20	0	FLC	4				
8:0	-	1.4		0	FLC	4				
10:0	_	1.1		0	FLC	4				
12:0 13:0	_	8.5 0.0		0	FLC FLC	4 4				
14:0	_	3.2		0	FLC	4				
15:0	-	0.0		0	FLC	4				
16:0		3.6		0	FLC	4				
17:0		0.0	02	0	FLC	4				
18:0	g	2.3	60	0	FLC	4				
20:0	•	0.0		0	FLC	4				
22:0	•	0.0		0	FLC	4				
24:0	_	0.0 6.1		0	FLC NC	4 4				
Fatty acids, total monounsaturated		0.0		0	FLC	4				
15:1	_	0.0		0	FLC	4				
16:1 undifferentiated	_	0.0		0	FLC	4				
17:1	-	0.0	00	0	FLC	4				
18:1 undifferentiated	.g	6.1	27	0	FLC	4				
20:1	_	0.0		0	FLC	4				
22:1 undifferentiated	-	0.0		0	FLC	4				
24:1 c	_	0.0 15.0		0	FLC NC	4 4				
Fatty acids, total polyunsaturated		15.0		0	FLC	4				
18:3 undifferentiated	-	0.0		0	FLC	4				
18:4	-	0.0		0	FLC	4				
20:2 n-6 c,c	g	0.0	00	0	FLC	4				
20:3 undifferentiated	.g	0.0	00	0	FLC	4				
20:4 undifferentiated	•	0.0		0	FLC	4				
20:5 n-3 (EPA)		0.0	00	0	FLC	4				
21.3	.g									
22:4 22:5 n-3 (DPA)		0.0	00	0	FLC	4				
22:6 n-3 (DHA)	-	0.0		0	FLC	4				
Fatty acids, total trans	_	0.0	17	0	FLC	4				
Cholesterol		2		0	FLC	4				
Phytosterols		40		0	FLC	4				
Stigmasterol		1		0	FLC	4				
Campesterol	_	0 2		0	FLC FLC	4				
Beta-sitosterol	.iiig	2		U	FLC	*				
Amino Acids:										
Tryptophan		0.0		0	FLC	4				
Threonine Isoleucine	_	0.1 0.1		0	FLC FLC	4 4				
Leucine	_	0.1		0	FLC	4				
Lysine		0.1		0	FLC	4				
Methionine		0.0		0	FLC	4				
Cystine		0.0	35	0	FLC	4				
Phenylalanine	.g	0.1		0	FLC	4				
Tyrosine		0.1		0	FLC	4				
Valine		0.1		0	FLC	4				
Arginine		0.1		0	FLC FLC	4 4				
Histidine	.9	0.0	/ =	U	4.T.C.	4				

	Amount in 1	00 grams	of edi	ble portion	Amount in edible portion of common			
			Deriv	Source Confidenc		easures of fo	<u>od</u>	
Nutrients and Units	Mean Std. Erro	_r Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Alanineg	0.115	0	FLC	4				
Aspartic acidg	0.309	0	FLC	4				
Glutamic acidg	0.567	0	FLC	4				
Glycineg	0.108	0	FLC	4				
Prolineg	0.191	0	FLC	4				
Serineg	0.150	0	FLC	4				
Hydroxyprolineg	0.000	0	FLC	4				
Others:								
Alcohol, ethylg	0.0	0	FLC	4				
Caffeinemg	4	0	FLC	4				
Theobrominemg	46	0	FLC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount in	100 grams	<u> </u>	Amount in edible portion of common					
			Number	•			measures of food			
					Source (Confidence				
Nutrients and Uni	ite	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Weam Stu. E	101 1011113	Oouc	Oouc	Oode	weasure i	WedSure 2	weasure 3	
Proximates:										
Water	g	40.63	0	FLC	4		16.66			
Energy	kcal	216	0	NC	4		89			
Energy	kJ	904	0	NC	4		371			
Protein (N x 6.38)	g	1.21	0	NR	4		0.50			
Total lipid (fat)	g	0.00	0	NR	4		0.00			
Ash	g	1.15	0	NR	4		0.47			
Carbohydrate, by difference	g	57.01	0	NC	4		23.37			
Fiber, total dietary	g	0.0	0	FLC	4		0.0			
Sugars, total	g	57.00	0	NR	4		23.37			
Starch	g									
M:										
Minerals:	m c	4.0	•		,		0.0			
Calcium, Ca	•	49	0	NR	4		20			
Iron, Fe	-	0.00 5	0	NR FLC	4 4		0.00 2			
Magnesium, Mg		39	0	NR.	4		16			
Phosphorus, P Potassium, K		66	0	NR NR	4		27			
Sodium, Na	-	341	0	NR	4		140			
Zinc, Zn	-	0.00	0	NR	4		0.00			
Copper, Cu	-	0.000	0	NR	4		0.000			
Manganese, Mn		0.029	0	FLC	4		0.012			
Selenium, Se	-	1.3	0	FLC	4		0.5			
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.5	0	FLC	4		0.2			
Thiamin	-	0.000	0	NR	4		0.000			
Riboflavin	-	0.000	0	NR	4		0.000			
Niacin	-	0.000	0	NR	4		0.000			
Pantothenic acid	-	0.000	0	NR	4 4		0.000			
Vitamin B-6	-	0.000 2	0	NR FLC	4		0.000 1			
Folia e sid		0	0	NR.	4		0			
Folic acid		2	0	FLC	4		1			
Folate, foodFolate, DFE		2	0	NC	4		1			
Choline, total		6.6	0	FLC	4		2.7			
Betaine	-	0.0	U	FLC	-		2.7			
Vitamin B-12		0.18	0	FLC	4		0.07			
Vitamin B-12, added		0.00	0	FLC	4		0.00			
Vitamin A, RAE		0	0	NC	4		0			
Retinol		0	0	NR	4		0			
Carotene, beta		0	0	NR	4		0			
Carotene, alpha		0	0	FLC	4		0			
Cryptoxanthin, beta		0	0	FLC	4		0			
Vitamin A, IU		61	0	NC	4		25			
Lycopene		0	0	FLC	4		0			
Lutein + zeaxanthin		0	0	FLC	4		0			
Vitamin E (alpha-tocopherol)		0.05	0	FLC	4		0.02			
Vitamin E, added		0.00	0	FLC	4		0.00			
Tocopherol, beta		0.00	0	FLC	4		0.00			
Tocopherol, gamma		0.02	0	FLC	4		0.01			
Tocopherol, delta		0.00	0	FLC	4		0.00			
Tocotrienol, alpha		0.00	0	FLC	4		0.00			
Tocotrienol, beta		0.00	0	FLC	4		0.00			
Tocotrienol, gamma		0.00	0	FLC	4		0.00			
Tocotrienol, delta		0.00	0	FLC	4		0.00			
Vitamin D (D2 + D3)		0.0	0	NR	4		0.0			
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)		0.0	0	NR	4		0.0			
Vitamin D	<u></u> IU	0	0	NR	4		0			
	µg	0.0	0	NR	4		0.0			

Hydroxyproline.....g

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Dihydrophylloquinone......µg Menaquinone-4.....µg Lipids: 0.000 0 0.000 Fatty acids, total saturated......g NR 4 4:0.....g 0.000 NR 4 0.000 0 6:0.....g 0.000 NR 0.000 0 4 0.000 0.000 8:0.....g 0 10:0.....g 0.000 0 NR 4 0.000 0.000 NR 12:0.....g 0 4 0.000 13:0.....g 14:0.....g 0.000 0 NR 4 0.000 0 FLC 0.000 4 15:0.....g 0.000 0.000 0 NR 4 0.000 16:0.....g 0.000 0 NR 4 0.000 17:0......g 0.000 0 NR 4 0.000 18:0.....g 0.000 0 NR 4 20:0.....g 0.000 22:0.....g 0.000 0 FLC 4 0.000 24·0 q Fatty acids, total monounsaturated..........9 0.000 ٥ FLC 4 0.000 14:1.....g 16:1 undifferentiated......g 0.000 0 FLC 0.000 17:1.....g 18:1 undifferentiated......g 0.000 0 FLC 0.000 0.000 FLC 0.000 20:1.....g 0 4 22:1 undifferentiated......g 0.000 0 FLC 4 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.000 0 FLC 4 0.000 0.000 FLC 18:2 undifferentiated......g 0 4 0.000 18:3 undifferentiated......g 0.000 0 FLC 4 0.000 0.000 0 FLC 4 18:4.....g 0.000 20:2 n-6 c,c.....g 0.000 20:4 undifferentiated......g 0 FLC 4 0.000 20:5 n-3 (EPA).....g 0.000 FLC 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 FLC 4 0.000 0.000 FLC 0.000 22:6 n-3 (DHA)......g 0 4 0.000 0 NR 0.000 4 NR 4 Cholesterol....mg 0 0 Phytosterols....mg Amino Acids: Tryptophan.....g 0.066 0 FLC 4 0.027 Threonine.....g 0.089 0 FLC 0.036 4 Isoleucine.....g Leucine.....g 0.144 0 FLC 4 0.059 0.117 0 FLC 0.048 Lysine 0 4 0.037 0 FLC 0.015 Methionine.....g 0.014 0 FLC 4 0.006 Cystine.....g 0.071 0 FLC 4 0.029 Phenylalanine.....g FLC Tyrosine.....g 0.071 0 0.029 Valine.....g 0.098 0 FLC 0.040 0.053 0 FLC 4 0.022 Arginine......g 0.040 0 FLC 4 0.016 Histidine.....g 0.051 0 FLC 0.021 Alanine.....g 0.112 0 FLC 4 0.046 Aspartic acid.....g 0.308 0 FLC 4 0.126 Glutamic acid.....g 0.031 0 FLC 4 0.013 Glycine.....g 0.142 FLC 0 4 0.058 Proline.....g 0.080 FLC 4 0.033 Serine.....g

Toppings, butterscotch or caramel

	<u>Am</u>	ount in 10	0 grams	of edil	Amount in edible portion of common				
			Number	measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 2 tbsp

Calories Factors: Protein 4.27 Fat 8.8 Carbohydrate 3.7

Food Group: 19 Sweets

Refuse:0%

		An	ount	in 100 g	of edik	Amount in edible portion of common					
				N	ımber					easures of fo	
							Source (Confidence	_		-
Nutrients and Un	nits	Mean	Std.			Code		Code	Measure 1	Measure 2	Measure
Proximates:											
Water		19.8	0		1	A	1		5.61	39.20	
Energy		322			0	NC	4		91	638	
Energy		1347			0		4		382	2668	
Protein (N x 0)		0.8			1	A	1		0.23	1.58	
Total lipid (fat)	-	0.3			1	A	1		0.09	0.59	
Ash	-	0.1			1	A	1		0.03	0.20	
Carbohydrate, by difference		79.0			0	NC	4		22.40	156.42	
Fiber, total dietary		0.1			0	BFSN	4		0.0	0.2	
Sugars, total		46.8	0		1	A	1		13.27	92.66	
Starch	g										
Minerals:											
Calcium, Ca	<u>m</u> g	3			0	BFSN	4		1	6	
Iron, Fe		0.2	2		0	BFSN	4		0.06	0.44	
Magnesium, Mg	-	2			0	BFSN	4		1	4	
Phosphorus, P		8			0	BFSN	4		2	16	
Potassium, K		5			0	BFSN	4		1	10	
Sodium, Na	-	80		12.96		LC	8		23	158	
Zinc, Zn	-	0.0			0	BFSN	4		0.01	0.08	
Copper, Cu		0.0			0	BFSN	4		0.027	0.188	
Manganese, Mn	-	0.0 1.9			0	BFSN BFZN	4 4		0.002 0.5	0.016 3.8	
Selenium, Se	µg	1.9			U	BFZN	4		0.5	3.6	
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0			0	BFSN	4		0.0	0.0	
Thiamin		0.0			0	BFSN	4		0.000	0.002	
Riboflavin	-	0.0			0	BFSN	4		0.000	0.002	
Niacin	-	0.0			0	BFSN	4		0.022	0.150	
Pantothenic acid	-	0.0			0	BFSN	4		0.001	0.010	
Vitamin B-6	-	0.0 1	02		0	BFSN	4 4		0.001 0	0.004 2	
Folic acid		0			0	BFSN Z	7		0	0	
Folate, food		1			0	BFSN	4		0	2	
Folate, DFE		1			0	NC	4		0	2	
Choline, total		0.1			0	0	4		0.0	0.2	
Betaine	-	V.1			·	Ŭ	•		0.0	0.2	
Vitamin B-12	-	0.0	0		0	BFSN	4		0.00	0.00	
Vitamin B-12, added		0.0			o	Z	7		0.00	0.00	
Vitamin A, RAE		0			0	NC	4		0	0	
Retinol		0			0	z	7		0	0	
Carotene, beta		0			0	BFSN	4		0	0	
Carotene, alpha		0			0	BFSN	4		0	0	
Cryptoxanthin, beta		0			0	BFSN	4		0	0	
Vitamin A, IU		1			0	BFSN	4		0	2	
Lycopene		0			0	BFSN	4		0	0	
Lutein + zeaxanthin		0			0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.0	0		0		7		0.00	0.00	
Vitamin E, added	mg	0.0	0		0	Z	7		0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta					^	_	-				
Vitamin D (D2 + D3)		0.0			0	Z Z	7		0.0	0.0	
Vitamin D		0			0		7		0	0	
Vitamin K (phylloquinone)		0.0			U	BFSN	4		0.0	0.0	
Dihydrophylloquinone Menaquinone-4											

	<u>Ar</u>	noun	t in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of foo	<u>od</u>	
						Source (Confidence				
Nutrients and Units	Mean	Std.	Error	Points		Code	Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>											
Fatty acids, total saturatedg		056		0	BFFN	4		0.016	0.111		
4:0g 6:0g		000		0	BFFN BFFN	4 4		0.000	0.000 0.000		
8:0g		000		0	BFFN	4		0.000	0.000		
10:0		000		0	BFFN	4		0.000	0.000		
12:0g		000		0	BFFN	4		0.000	0.000		
13:0g											
14:0g	0.0	001		0	BFFN	4		0.000	0.002		
15:0g											
16:0g	0.0	040		0	BFFN	4		0.011	0.079		
17:0g											
18:0g	0.0	15		0	BFFN	4		0.004	0.030		
20:0g											
22:0g											
24:0	0.4	080		0	BFFN	4		0.023	0.158		
14:1g	0.0	300		U	DFFN	-		0.023	0.136		
15:1g											
16:1 undifferentiatedg	0.0	004		0	BFFN	4		0.001	0.008		
17:1g											
18:1 undifferentiatedg	0.0	076		0	BFFN	4		0.022	0.150		
20:1g	0.0	000		0	BFFN	4		0.000	0.000		
22:1 undifferentiatedg	0.0	000		0	BFFN	4		0.000	0.000		
24:1 cg											
Fatty acids, total polyunsaturatedg	0.0	147		0	BFFN	4		0.013	0.093		
18:2 undifferentiatedg	0.0	145		0	BFFN	4		0.013	0.089		
18:3 undifferentiated	0.0	001		0	BFFN	4		0.000	0.002		
18:4g	0.0	000		0	BFFN	4		0.000	0.000		
20:2 n-6 c,cg											
20:3 undifferentiatedg						_					
20:4 undifferentiatedg		001		0	BFFN	4		0.000	0.002		
20:5 n-3 (EPA)g	0.0	000		0	BFFN	4		0.000	0.000		
21:5g											
22:4g 22:5 n-3 (DPA)g	0 (000		0	BFFN	4		0.000	0.000		
22:5 n-3 (DPA)g	0.0			0	BFFN	4		0.000	0.000		
Fatty acids, total trans	0.0	300		·	DEFI	-		0.000	0.000		
Cholesterolg	0			0	BFSN	4		0	0		
Phytosterolsmg	· ·			•	22 221	-		· ·	·		
-											
Amino Acids:											
Tryptophang											
Threonineg											
Isoleucine											
Leucine											
Lysine											
Cystine											
Phenylalanineg											
Tyrosineg											
Valineg											
Arginineg											
Histidineg											
Alanineg											
Aspartic acidg											
Glutamic acidg											
Glycineg											
Proline											
Serine											
Hydroxyprolineg											
Others:											
Alcohol, ethylg	0.0	כ		0	Z	7		0.0	0.0		
	0			0	BFSN	4		0	0		

Toppings, marshmallow cream

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Mean

Measure 3

0

Code

Measure 1

Measure 2

BFSN

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 ozMeasure 2 = 198g: 1 jar

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion		Amount in edible portion of common			
				Number					easures of foo		
						Source Co	nfidanca				
Nutrients and Un	ito	Mean	Std. Error				Code	Magaura 1	Measure 2	Measure	
Nutrients and on	its	Wean	Sta. Error	TOINTS	Oout	Oode	Oode	Measure 1	weasure 2	weasure	
Proximates:											
Water		14.6	9	0	FLA	4		48.19	6.02		
Energy	kcal	448		0	NC	4		1470	184		
Energy	kJ	1876		0	NC	4		6152	769		
Protein (N x 6.25)	g	4.5	0	2		1		14.76	1.85		
Total lipid (fat)	g	22.0	0	2		1		72.16	9.02		
Ash	-	0.7	3	0	FLA	4		2.40	0.30		
Carbohydrate, by difference	g	58.0	8	0	NC	4		190.49	23.81		
Fiber, total dietary	g	2.3		0	FLA	4		7.4	0.9		
Sugars, total	g	36.7	2	1	LC	8		120.44	15.06		
Starch	g										
Minerals:											
Calcium, Ca	_	35		0	FLA	4		114	14		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.0	5	2		1		3.44	0.43		
Magnesium, Mg		54		0	FLA	4		178	22		
Phosphorus, P	_	118		0	FLA	4		386	48		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	151		0	FLA	4		495	62		
Sodium, Na	-	42 1.0	-	1 0		4 4		138	17 0.43		
Zinc, Zn	_	0.5		0	FLA FLA	4		3.45 1.771	0.43		
Copper, Cu		1.2		0	FLA	4		3.958	0.495		
Selenium, Se	_	2.1		0	FLA	4		6.9	0.9		
itamins:						_					
Vitamin C, total ascorbic acid	ma	0.3		0	FLA	4		1.1	0.1		
Thiamin	_	0.1		2		1		0.590	0.074		
Riboflavin	_	0.1		1		1		0.394	0.049		
Niacin	_	0.3		0	FLA	4		1.223	0.153		
Pantothenic acid	_	0.2	07	0	FLA	4		0.679	0.085		
Vitamin B-6		0.1	78	0	FLA	4		0.583	0.073		
Folate, total	µg	26		0	FLA	4		86	11		
Folic acid	µg	0		0	FLA	4		0	0		
Folate, food	µg	26		0	FLA	4		86	11		
Folate, DFE	µg	26		0	NC	4		86	11		
Choline, total	mg	11.8		0	0	4		38.6	4.8		
Betaine	mg										
Vitamin B-12		0.0		0	FLA	4		0.00	0.00		
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00		
Vitamin A, RAE		0		0	FLA	4		1	0		
Retinol		0		0	FLA	4		0	0		
Carotene, beta		4		0	FLA	4		13	2		
Carotene, alpha		0		0	FLA	4		0	0		
Cryptoxanthin, beta Vitamin A, IU		0 7		0	FLA FLA	4 4		0 21	0 3		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		3		0	FLA	4		9	1		
Vitamin E (alpha-tocopherol)		0.2	3	0	FLA	4		0.77	0.10		
Vitamin E, added		0.0		0	Z	7		0.00	0.00		
Tocopherol, beta				-	_						
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		0.9		0	FLA	4		2.9	0.4		
Dihydrophylloquinone	µg										

	An	nount in 1	00 grams	of edil	ble portion		Amount in e	dible portion o	of common	
			Number				measures of food			
				Deriv	Source Co	onfidence			_	
Nutrients and Units	Mean	Std. Erro	Points		Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated			0		1		6.429	0.804		
4:0	•		0		1		0.000	0.000		
6:0 8:0.	•		0		1 1		0.000	0.000 0.000		
10:0			0		1		0.000	0.000		
12:0	-		0		1		0.000	0.000		
13:0	.g									
14:0	-	70	1		1		0.230	0.029		
15:0	-	-10	1		1		4 053	0.610		
16:0 17:0		510			1		4.953	0.619		
18:0	-	380	1		1		1.246	0.156		
20:0	-									
22:0	-									
24:0			•							
Fatty acids, total monounsaturated		970	0		1		16.302	2.038		
15:1	-									
16:1 undifferentiated		060	1		1		0.197	0.025		
17:1										
18:1 undifferentiated			1		1		15.514	1.939		
20:1	•		1		1		0.623	0.078		
22:1 undifferentiated	•	000	0		1		0.000	0.000		
Fatty acids, total polyunsaturated	-	730	0		1		45.034	5.629		
18:2 undifferentiated			1		1		37.064	4.633		
18:3 undifferentiated	.g 2.4	120	1		1		7.938	0.992		
18:4	-	000	0		1		0.000	0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated		110	1		1		0.033	0.004		
20:5 n-3 (EPA)			0		1		0.000	0.000		
21:5	-									
22:4	•									
22:5 n-3 (DPA)	•		0		1		0.000	0.000		
22:6 n-3 (DHA) Fatty acids, total trans		000	0		1		0.000	0.000		
Cholesterol	-		0	FLA	4		0	0		
Phytosterols	-		•		-		· ·	· ·		
A A										
Amino Acids: Tryptophan	.q 0.0	159	0		1		0.194	0.024		
Threonine	.0		0		1		0.456	0.024		
Isoleucine	.0		0		1		0.577	0.072		
Leucine	.g 0.3	309	0		1		1.014	0.127		
Lysine	-		0		1		0.397	0.050		
Methionine	=		0		1		0.285	0.036		
CystinePhenylalanine			0		1 1		0.354 0.643	0.044 0.080		
Tyrosine			0		1		0.449	0.056		
Valine	. •		0		1		0.738	0.092		
Arginine		555	0		1		2.148	0.269		
Histidine	-		0		1		0.367	0.046		
Alanine	-		0		1		0.623	0.078		
Aspartic acid			0		1 1		1.506 2.870	0.188 0.359		
Glutamic acid	.0		0		1		0.771	0.359		
Proline			0		1		0.564	0.071		
Serine	=	244	0		1		0.800	0.100		
Hydroxyproline	.g									
Others:										
Alcohol, ethyl	g 0.0)	0	FLA	4		0.0	0.0		
Caffeine	.mg 0		0	FLA	4		0	0		

Toppings, nuts in syrup

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

Std. Error Points Code Code **Nutrients and Units** Mean

of Data Deriv Source Confidence

Measure 1

Code

Measure 2

Measure 3

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 328g: 1 cupMeasure 2 = 41g: 2 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

		Am	ount in 100	granis	or ear	ole portion	<u>.</u>	Amount in edible portion of common measures of food			
			1	Num ber							
				of Data	Deriv	Source Co	onfidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		33.0	0	1		4		112.20	13.86		
Energy	kcal	253		0		4		860	106		
Energy	kJ	1059		0		4		3599	445		
Protein (N x 6.25)	g	0.1	0	0		4		0.34	0.04		
Total lipid (fat)	g	0.1	0	1		4		0.34	0.04		
Ash		0.4	0	1		4		1.36	0.17		
Carbohydrate, by difference	-	66.4	0	0	NC	4		225.76	27.89		
Fiber, total dietary		0.4		0	FLC	4		1.5	0.2		
Sugars, total		21.0		0	FLC	4		71.43	8.82		
_		21.0.	-	Ū	ruc	*		71.43	0.02		
Starch	g										
Minerals:		_		_					_		
Calcium, Ca	-	6	_	0	FLC	4		21	3		
Iron, Fe	-	0.1	2	0	FLC	4		0.42	0.05		
Magnesium, Mg		6		0	FLC	4		19	2		
Phosphorus, P	-	3		0	FLC	4		10	1		
Potassium, K	-	43		0	FLC	4		146	18		
Sodium, Na		42		0	FLC	4		141	17		
Zinc, Zn		0.0		0	FLC	4		0.17	0.02		
Copper, Cu	-	0.0		0	FLC	4		0.175	0.022		
Manganese, Mn		0.0	70	0	FLC	4		0.239	0.030		
Selenium, Se	µg	0.7		0	FLC	4		2.3	0.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	3.1		0	FLC	4		10.7	1.3		
Thiamin	mg	0.0	38	0	FLC	4		0.128	0.016		
Riboflavin	mg	0.0	18	0	FLC	4		0.062	0.008		
Niacin	mg	0.1	01	0	FLC	4		0.345	0.043		
Pantothenic acid	mg	0.0	12	0	FLC	4		0.042	0.005		
Vitamin B-6	mg	0.0	28	0	FLC	4		0.096	0.012		
Folate, total	µg	2		0	FLC	4		6	1		
Folic acid		0		0	FLC	4		0	0		
Folate, food		2		0	FLC	4		6	1		
Folate, DFE		2		0	NC	4		6	1		
Choline, total		1.6		0	0	4		5.3	0.7		
Betaine	-										
Vitamin B-12	-	0.0	0	0	FLC	4		0.00	0.00		
Vitamin B-12, added		0.0		0	z	7		0.00	0.00		
Vitamin A, RAE		1		0	FLC	4		3	0		
Retinol		0		0	FLC	4		0	0		
Carotene, beta		10		0	FLC	4		34	4		
Carotene, alpha		0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		17		0	FLC	4		57	7		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.0	1	0	FLC	4		0.02	0.00		
Vitamin E (aipna-tocopneroi) Vitamin E, added		0.0		0	Z	7		0.02	0.00		
	-	0.00	•	U	4	,		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta				^	_	7					
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		0.2		0	FLC	4		0.8	0.1		
Dihydrophylloquinone	µg										

	Amo	unt in 10	00 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	0.018		0		4		0.061	0.008	
4:0g	0.000		0		4		0.000	0.000	
6:0g	0.000		0		4		0.000	0.000	
8:0g	0.000		0		4		0.000	0.000	
10:0g	0.000		0		4		0.000	0.000	
12:0g	0.000)	0		4		0.000	0.000	
13:0g									
14:0g	0.000)	0		4		0.000	0.000	
15:0g									
16:0g	0.018	3	0		4		0.061	0.008	
17:0g									
18:0g	0.002	:	0		4		0.007	0.001	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.032	1	0		4		0.109	0.013	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000)	0		4		0.000	0.000	
17:1g	0.00		•						
18:1 undifferentiatedg	0.032		0		4 4		0.109	0.013	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	•	0		4		0.000	0.000	
24:1 cg	0.050		0		4		0.170	0.021	
Fatty acids, total polyunsaturatedg	0.050		0		4		0.170	0.021	
18:2 undifferentiated	0.000		0		4				
18:3 undifferentiatedg			0		4		0.000	0.000	
18:4g	0.000	,	U		4		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		0		4		0.000	0.000	
. ,	0.000	'	U		*		0.000	0.000	
21:5g 22:4g									
22:5 n-3 (DPA)g	0.000	1	0		4		0.000	0.000	
22:5 n-3 (DPA)g	0.000		0		4		0.000	0.000	
Fatty acids, total transg	0.000		·		4		0.000	0.000	
Cholesterolg	0		0	FLC	4		0	0	
Phytosterolsmg	·		J	120	•		Ü	ŭ	
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 340g: 1 cup Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse:0%

		Am	ount in 10	u gram s	or edil	oie portio	<u>on</u>	Amount in edible portion of common			
				measures of food							
				Number of Data		Source (Confidence				
Nutrients and Un	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nati lents and on	11.3	Mean	ota. E i oi					weasure i	WCd3uTC Z	Wedsure	
Proximates:											
Water	g	33.0	0	1		4		13.86	13.20	112.20	
Energy	kcal	254		0		4		107	102	864	
Energy	kJ	1063		0		4		446	425	3613	
Protein (N x 6.25)	g	0.2	0	0		4		0.08	0.08	0.68	
Total lipid (fat)	g	0.1	0	0		4		0.04	0.04	0.34	
Ash	g	0.4	0	1		4		0.17	0.16	1.36	
Carbohydrate, by difference	g	66.3	0	0	NC	4		27.85	26.52	225.42	
Fiber, total dietary	g	0.7		0	FLC	4		0.3	0.3	2.4	
Sugars, total	g	27.3	8	0	FLC	4		11.50	10.95	93.08	
Starch	g										
Minerals:											
Calcium, Ca	mg	6		0	FLC	4		3	3	22	
Iron, Fe	-	0.2	8	0	FLC	4		0.12	0.11	0.95	
Magnesium, Mg		4		0	FLC	4		2	2	15	
Phosphorus, P		5		0	FLC	4		2	2	17	
Potassium, K	mg	51		0	FLC	4		21	20	172	
Sodium, Na	mg	21		0		4		9	8	71	
Zinc, Zn	<u>m</u> g	0.0	6	0	FLC	4		0.02	0.02	0.20	
Copper, Cu	mg	0.0	32	0	FLC	4		0.014	0.013	0.11	
Manganese, Mn	<u>mg</u>	0.1	67	0	FLC	4		0.070	0.067	0.56	
Selenium, Se	µg	0.8		0	FLC	4		0.3	0.3	2.6	
Vitamins:											
Vitamin C, total ascorbic acid	mg	13.7		0	FLC	4		5.8	5.5	46.7	
Thiamin	mg	0.0	11	0	FLC	4		0.005	0.004	0.03	
Riboflavin	mg	0.0	24	0	FLC	4		0.010	0.009	0.08	
Niacin	mg	0.1	61	0	FLC	4		0.067	0.064	0.54	
Pantothenic acid	mg	0.0	48	0	FLC	4		0.020	0.019	0.16	
Vitamin B-6	mg	0.0	12	0	FLC	4		0.005	0.005	0.04	
Folate, total	µg	6		0	FLC	4		2	2	19	
Folic acid	µg	0		0	FLC	4		0	0	0	
Folate, food	µg	6		0	FLC	4		2	2	19	
Folate, DFE	µg	6		0	NC	4		2	2	19	
Choline, total	-	9.8		0	BFSN	4		4.1	3.9	33.5	
Betaine											
Vitamin B-12		0.0		0	FLC	4		0.00	0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		1		0	FLC	4		0	0	3	
Retinol		0		0	FLC	4		0	0	0	
Carotene, beta		9		0	FLC	4		4	4	31	
Carotene, alpha		0		0	FLC	4		0	0	0	
Cryptoxanthin, beta		0		0	FLC	4 4		0 8	0	0	
Vitamin A, IU		18 0		0	FLC	4		0	7 0	61 0	
Lycopene Lutein + zeaxanthin		9		0	FLC	4		4	4	30	
Vitamin E (alpha-tocopherol)		0.10	0	0	FLC	4		0.04	0.04	0.32	
Vitamin E, added		0.0		0	Z	7		0.00	0.04	0.00	
Tocopherol, beta		0.00	O	U	4	,		0.00	0.00	0.00	
Tocopherol, gamma	-										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		0.7		0	FLC	4		0.3	0.3	2.5	
Dihydrophylloquinone				-							
Menaquinone-4											

	<u>Amount in</u>	100 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Er	of Data ror Points		Source Con Code C	fidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	0.005	0		4		0.002	0.002	0.017
4:0g	0.000	0		4		0.000	0.000	0.000
6:0	0.000	0		4		0.000	0.000	0.000
8:0g	0.000	0		4		0.000	0.000	0.000
10:0g	0.000	0		4		0.000	0.000	0.000
12:0g	0.000	0		4		0.000	0.000	0.000
13:0	0.000	· ·		-		0.000	0.000	0.000
14:0g	0.000	0		4		0.000	0.000	0.000
	0.000	· ·		-		0.000	0.000	0.000
15:0g 16:0g	0.004	0		4		0.002	0.002	0.014
_	0.004	U		4		0.002	0.002	0.014
17:0g	0.001	0		4		0.000	0.000	0.003
18:0g	0.001	U		4		0.000	0.000	0.003
20:0g								
22:0g								
24:0g	0.014	•						0.040
Fatty acids, total monounsaturatedg	0.014	0		4		0.006	0.006	0.048
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
17:1g								
18:1 undifferentiatedg	0.014	0		4		0.006	0.006	0.048
20:1g	0.000	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	0.050	0		4		0.021	0.020	0.170
18:2 undifferentiatedg	0.029	0		4		0.012	0.012	0.099
18:3 undifferentiatedg	0.021	0		4		0.009	0.008	0.071
18:4g	0.000	0		4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000	0		4		0.000	0.000	0.000
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	0		4		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	0	0	FLC	4		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	FLC	4		0	0	0
Theobrominemg	0	0	FLC	4		0	0	0

Common Measures:

Measure 1 = 42g: 2 tbsp Measure 2 = 40g: 1 serving Measure 3 = 340g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets